



# Welcome to Heart-to-Heart

We invite you to take a few minutes to quiet your heart  
and soak in God's Word through music...

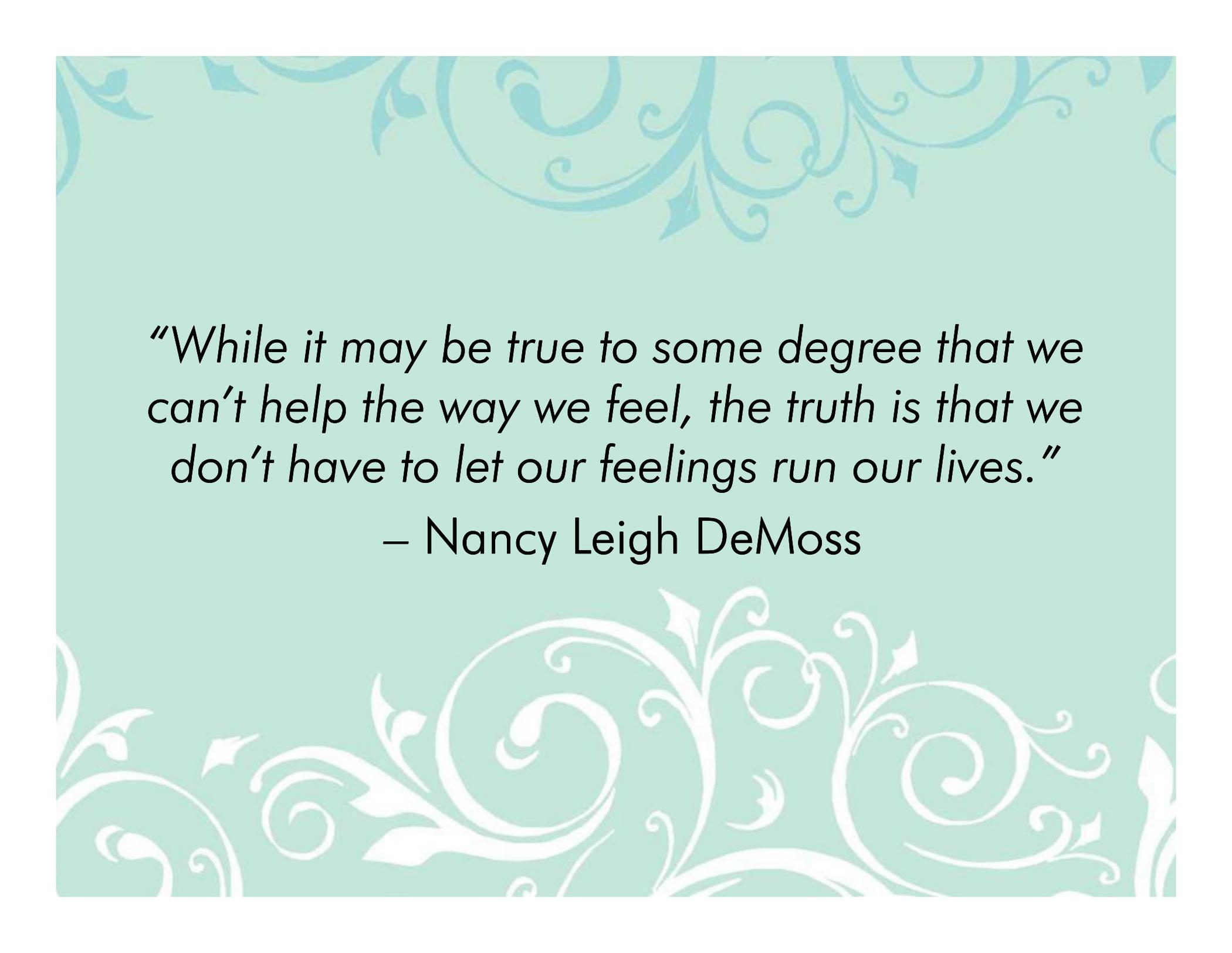




# Is the Light of Your Heart Burning Brightly or Dimly Lit?

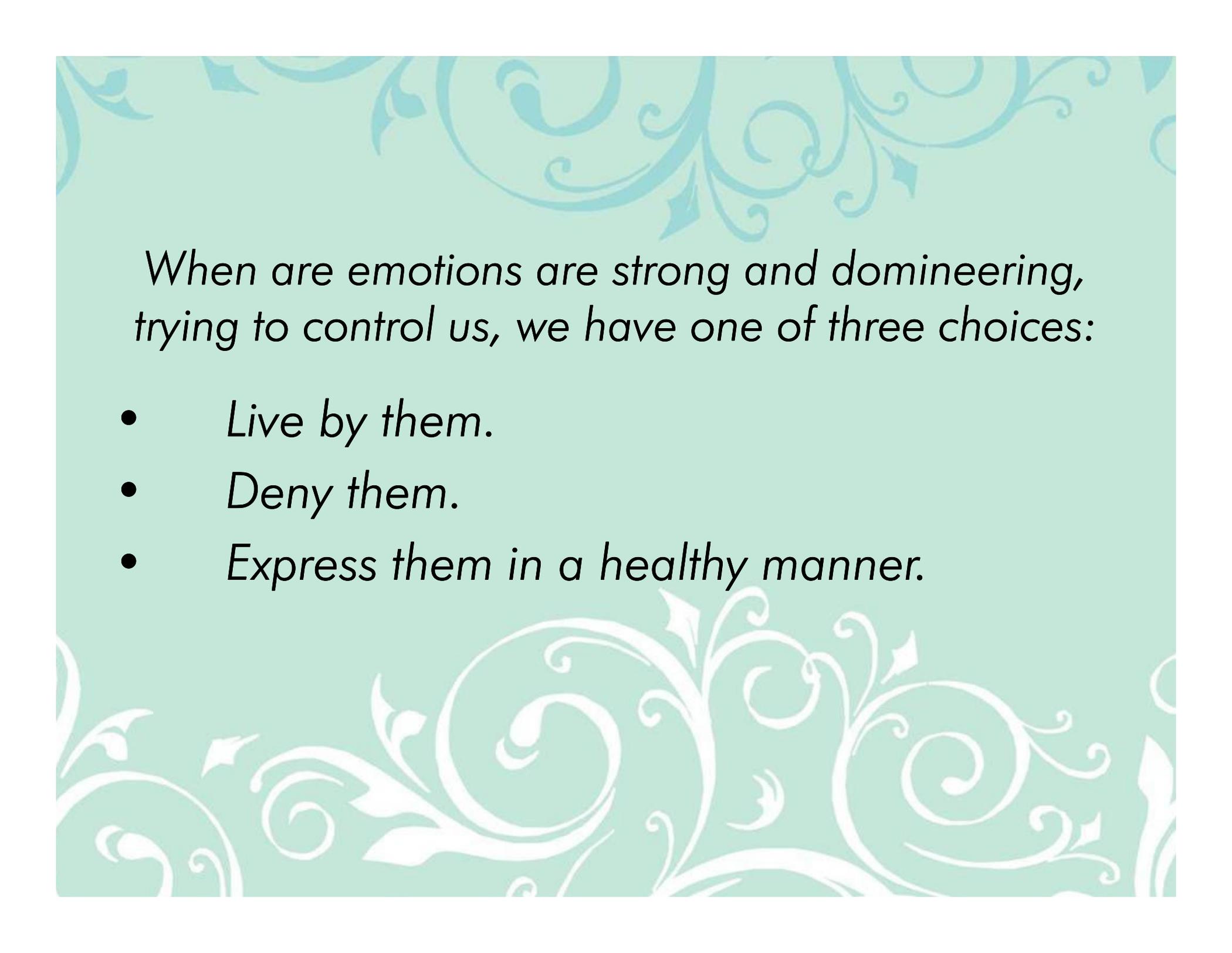
Managing Your Emotions & Not the Other Way Around

Week 4 | 11.16.11 (AM) | 11.21.11 (PM)

The background is a solid teal color. At the top and bottom, there are decorative borders featuring intricate, swirling floral and vine patterns. The top border is rendered in a light blue color, while the bottom border is in white. The central area of the image is plain teal, serving as a backdrop for the text.

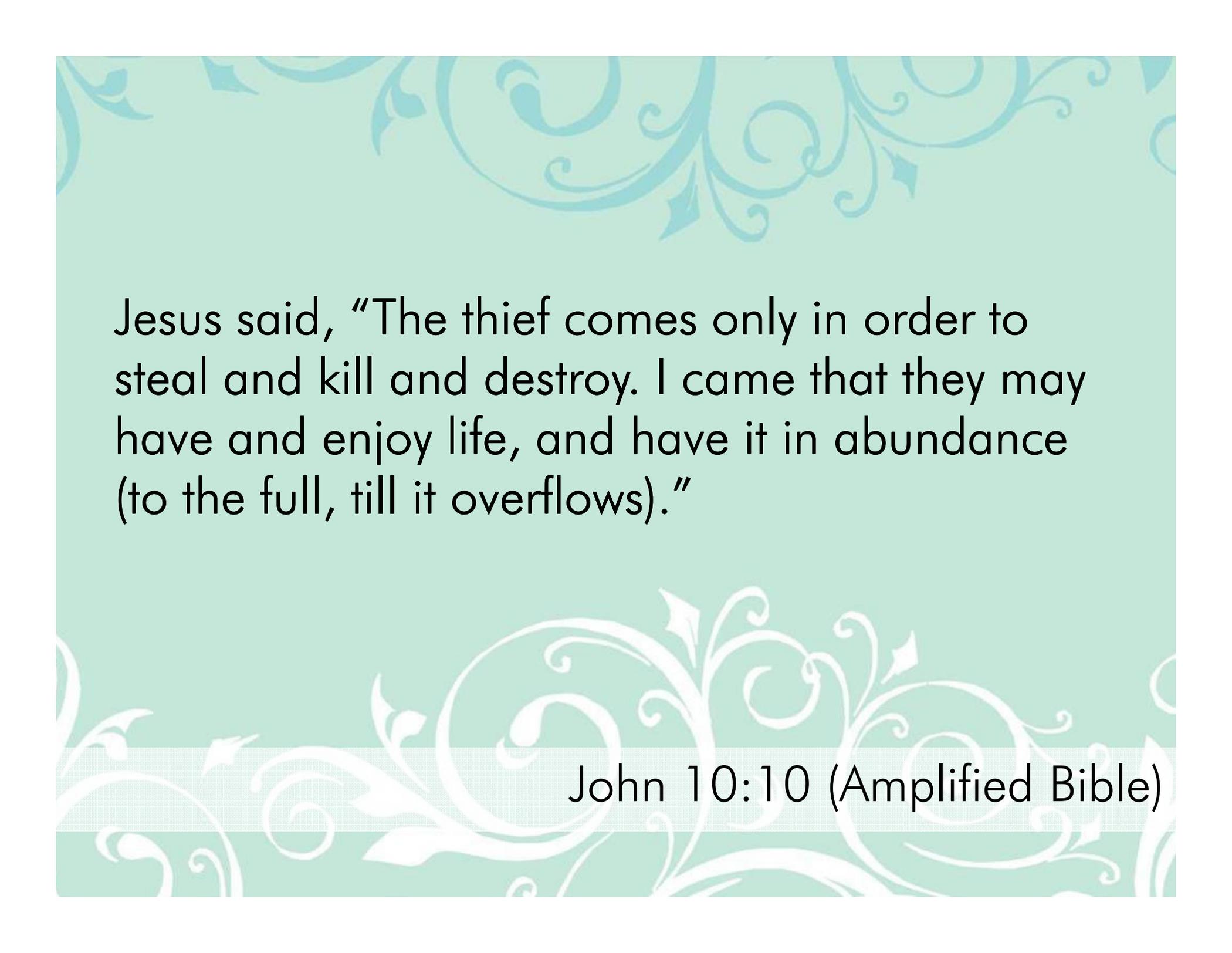
*“While it may be true to some degree that we can’t help the way we feel, the truth is that we don’t have to let our feelings run our lives.”*

– Nancy Leigh DeMoss



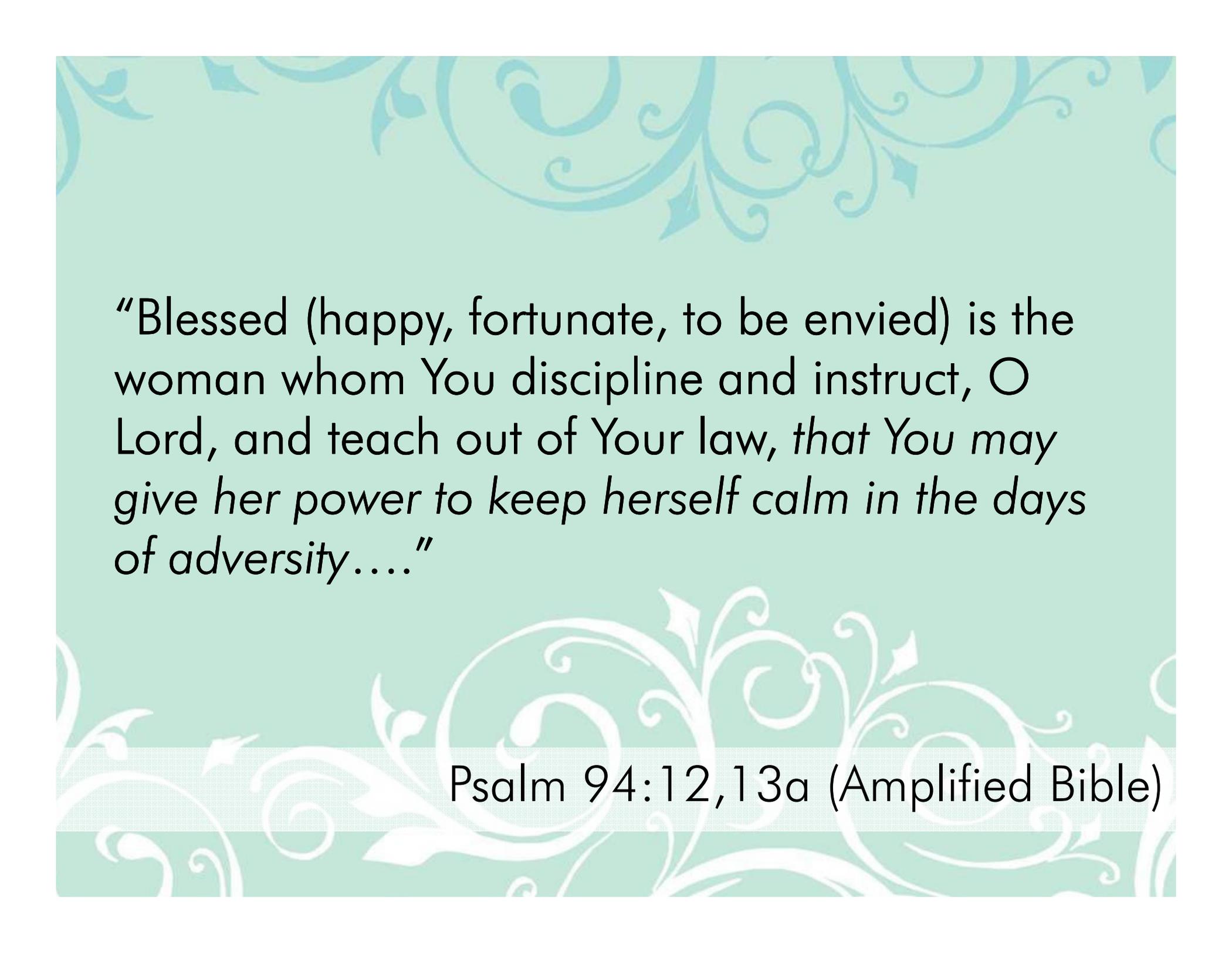
*When are emotions are strong and domineering, trying to control us, we have one of three choices:*

- *Live by them.*
- *Deny them.*
- *Express them in a healthy manner.*



Jesus said, "The thief comes only in order to steal and kill and destroy. I came that they may have and enjoy life, and have it in abundance (to the full, till it overflows)."

John 10:10 (Amplified Bible)

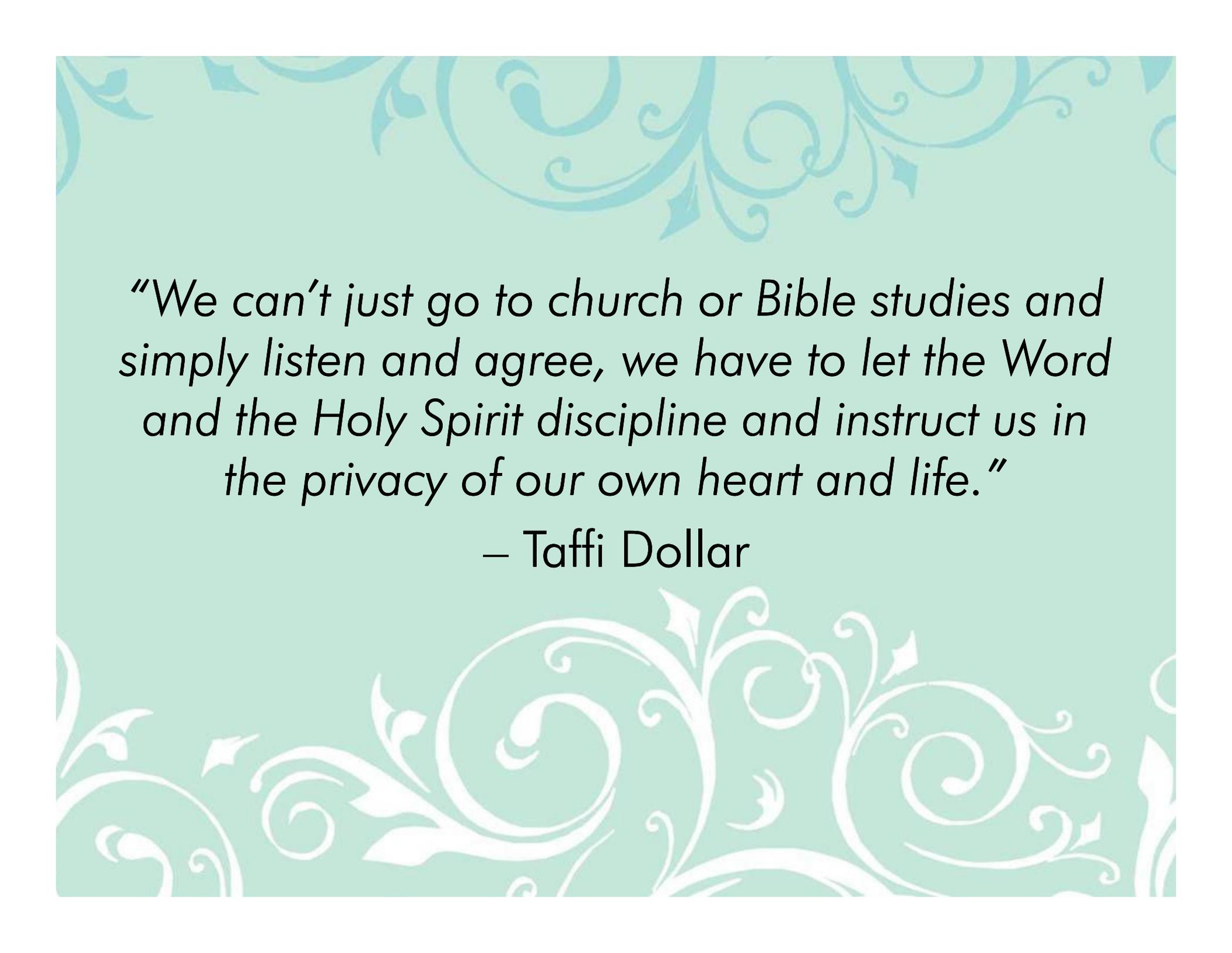


“Blessed (happy, fortunate, to be envied) is the woman whom You discipline and instruct, O Lord, and teach out of Your law, *that You may give her power to keep herself calm in the days of adversity....*”

Psalm 94:12,13a (Amplified Bible)

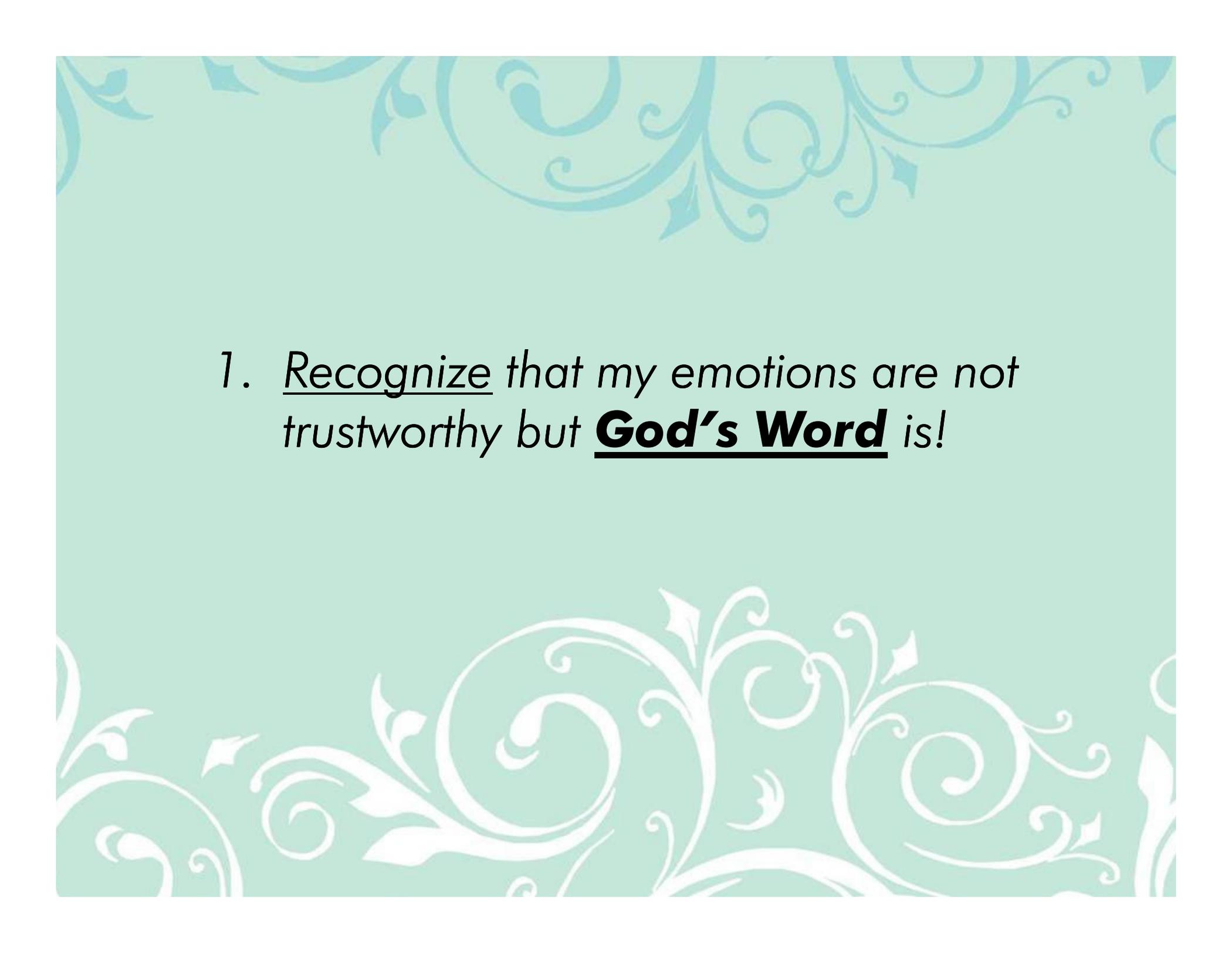
## Three Practical Keys to Managing Emotions:

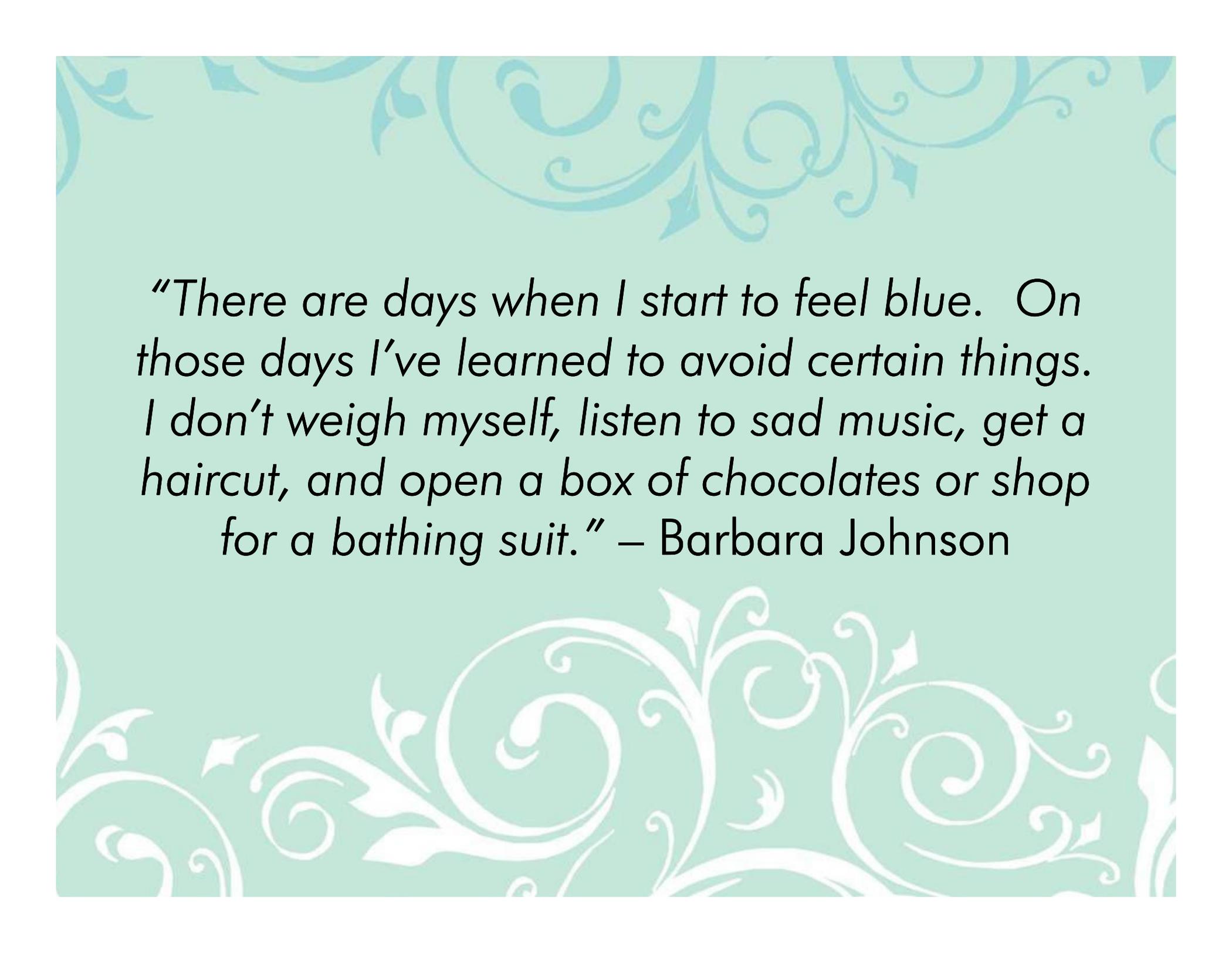
- **Recognize** that emotions cannot be trusted.
- **Focus** on the truth.
- **Choose** your perspective through self-talk.



*“We can’t just go to church or Bible studies and simply listen and agree, we have to let the Word and the Holy Spirit discipline and instruct us in the privacy of our own heart and life.”*

– Taffi Dollar

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1. Recognize that my emotions are not trustworthy but **God's Word** is!



*“There are days when I start to feel blue. On those days I’ve learned to avoid certain things. I don’t weigh myself, listen to sad music, get a haircut, and open a box of chocolates or shop for a bathing suit.” – Barbara Johnson*

<sup>28</sup>So Jesus added, When you have lifted up the Son of Man [on the cross], you will realize (know, understand) that I am He [for Whom you look] and that I do nothing of Myself (of My own accord or on My own authority), but I say [exactly] what My Father has taught Me.

<sup>29</sup>And He Who sent Me is ever with Me; My Father has not left Me alone, for I always do what pleases Him.

<sup>30</sup>As He said these things, many believed in Him [trusted, relied on, and adhered to Him].

<sup>31</sup>So Jesus said to those Jews who had believed in Him, If you abide in My word [hold fast to My teachings and live in accord with them], you are truly My disciples.

<sup>32</sup>And you will know the Truth, and the Truth will set you free.

John 8:28-37 (Amplified Bible)

<sup>33</sup>They answered Him, We are Abraham's offspring (descendants) and have never been in bondage to anybody. What do You mean by saying, You will be set free?

<sup>34</sup>Jesus answered them, I assure you, most solemnly I tell you, Whoever commits and practices sin is the slave of sin.

<sup>35</sup>Now a slave does not remain in a household permanently (forever); the son [of the house] does remain forever.

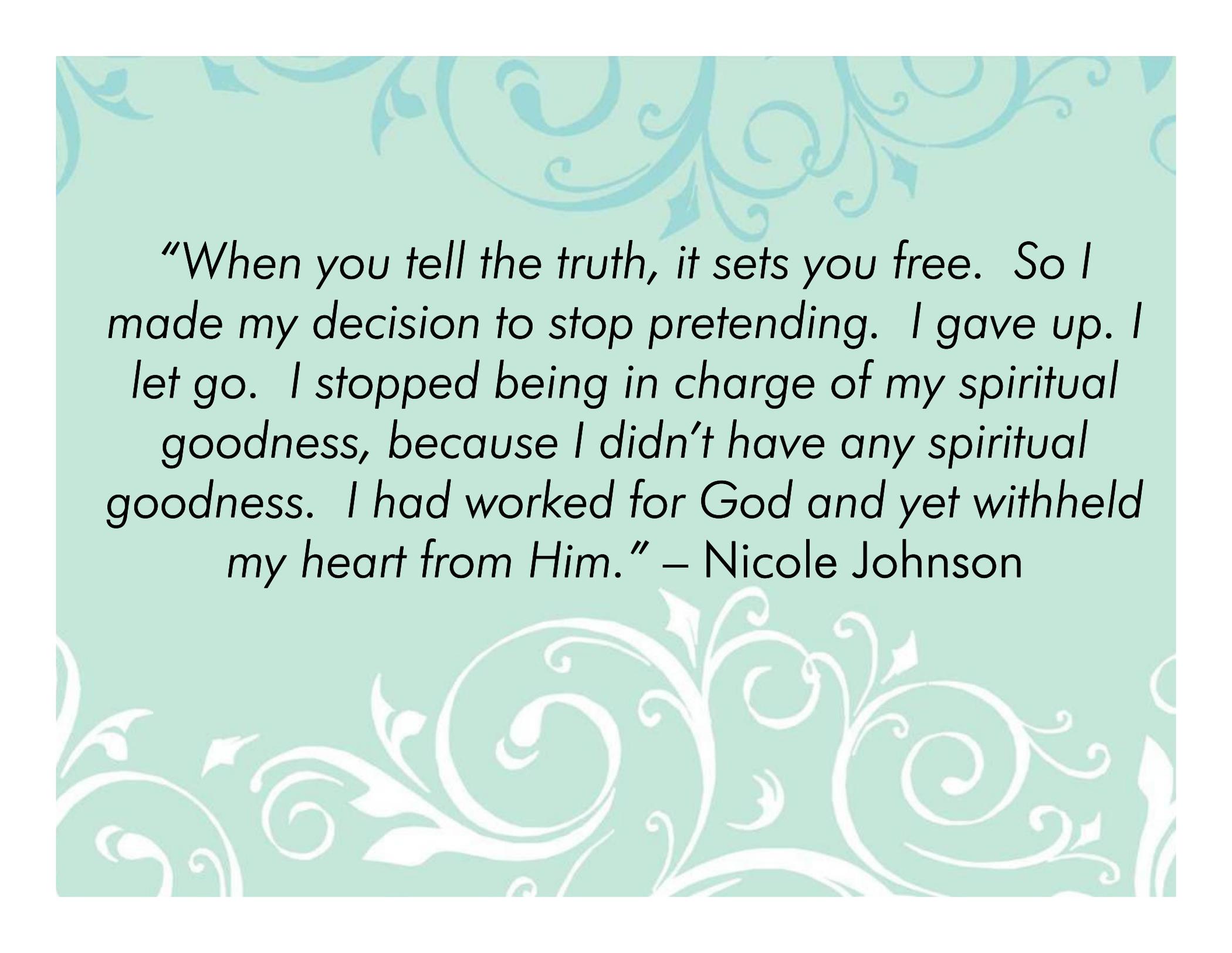
<sup>36</sup>So if the Son liberates you [makes you free men], then you are really and unquestionably free.

<sup>37</sup>[Yes] I know that you are Abraham's offspring; yet you plan to kill Me, because My word has no entrance (makes no progress, does not find any place) in you.

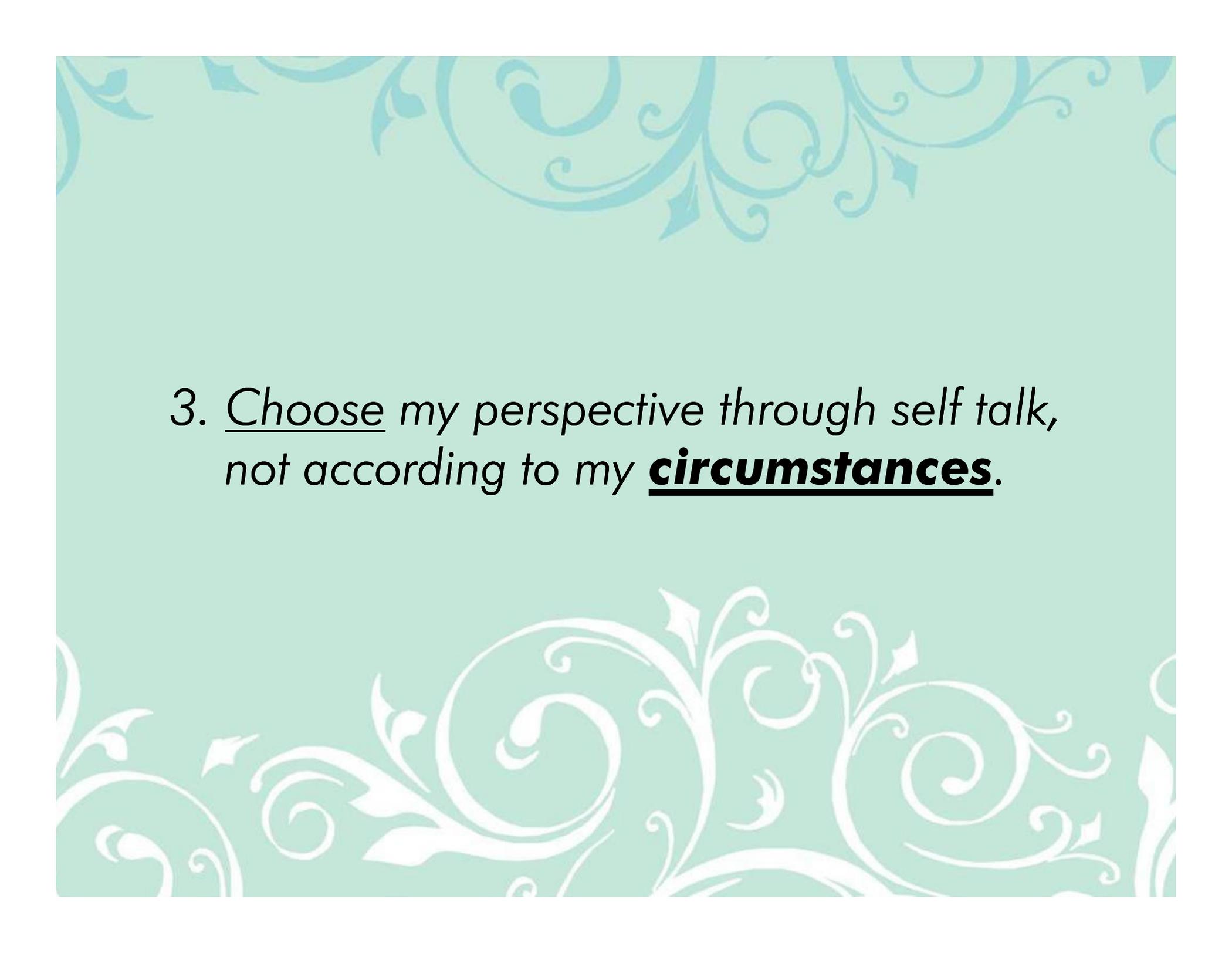
John 8:28-37 (Amplified Bible)

2. Focus on the truth and not on how I **feel**.

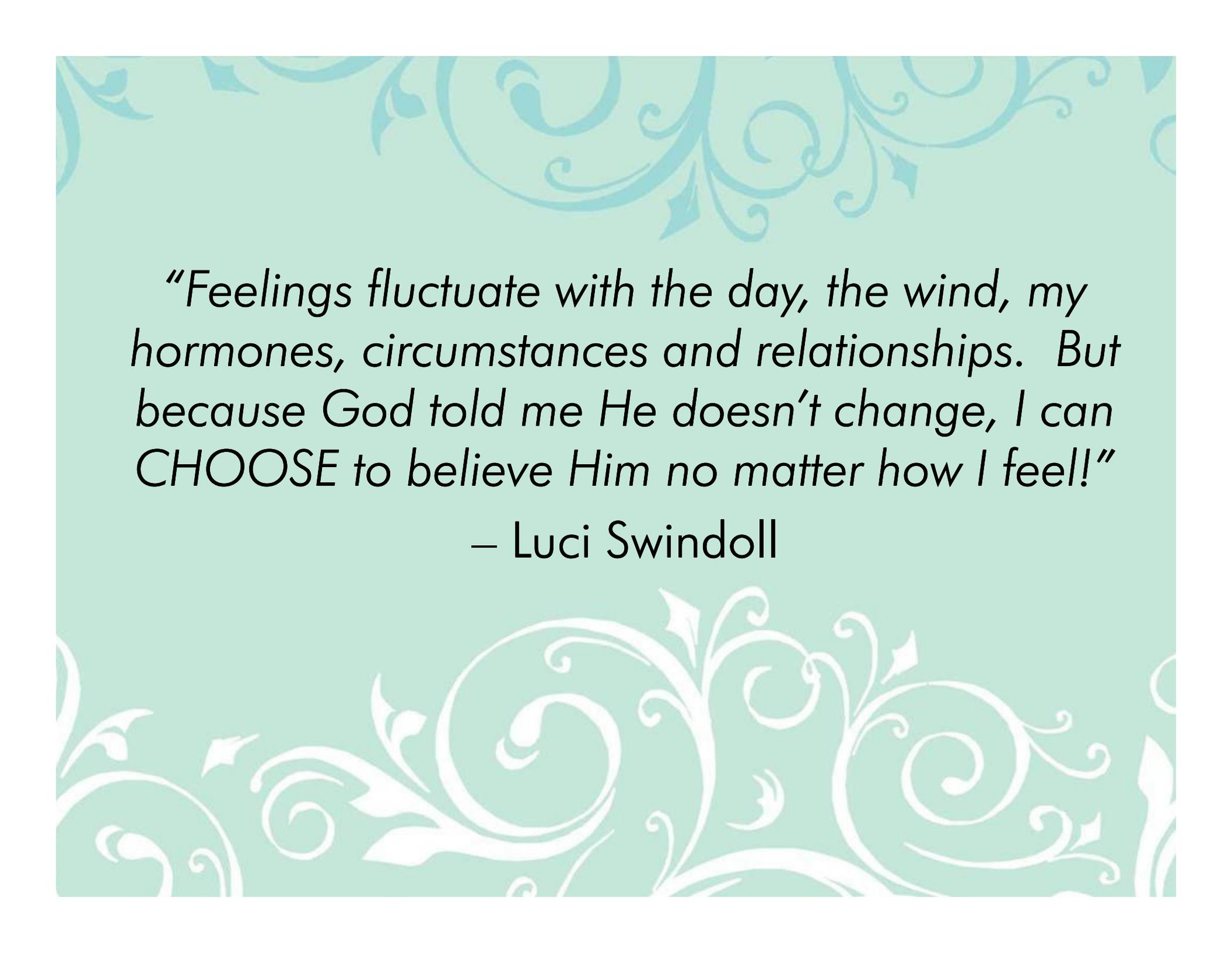
- Acknowledge my feelings to God. (Psalm 62:5-8)
- Pray about my feelings. (Philippians 4:6,7 Living Bible)
- Remind myself that what I feel is not necessarily reality. (Psalm 51:6-12)



*“When you tell the truth, it sets you free. So I made my decision to stop pretending. I gave up. I let go. I stopped being in charge of my spiritual goodness, because I didn’t have any spiritual goodness. I had worked for God and yet withheld my heart from Him.” – Nicole Johnson*



3. Choose my perspective through self talk,  
not according to my **circumstances**.



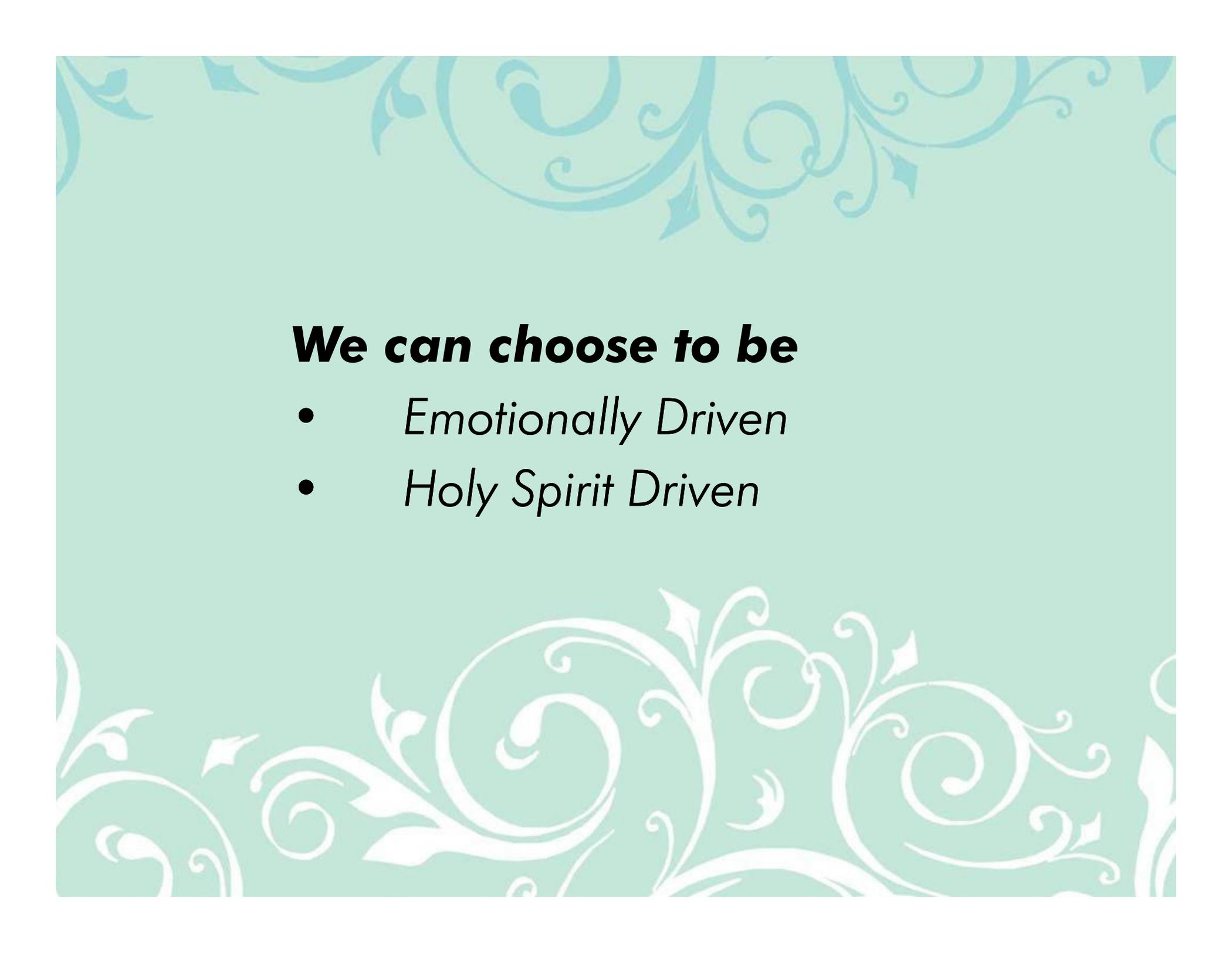
*“Feelings fluctuate with the day, the wind, my hormones, circumstances and relationships. But because God told me He doesn’t change, I can CHOOSE to believe Him no matter how I feel!”*

– Luci Swindoll



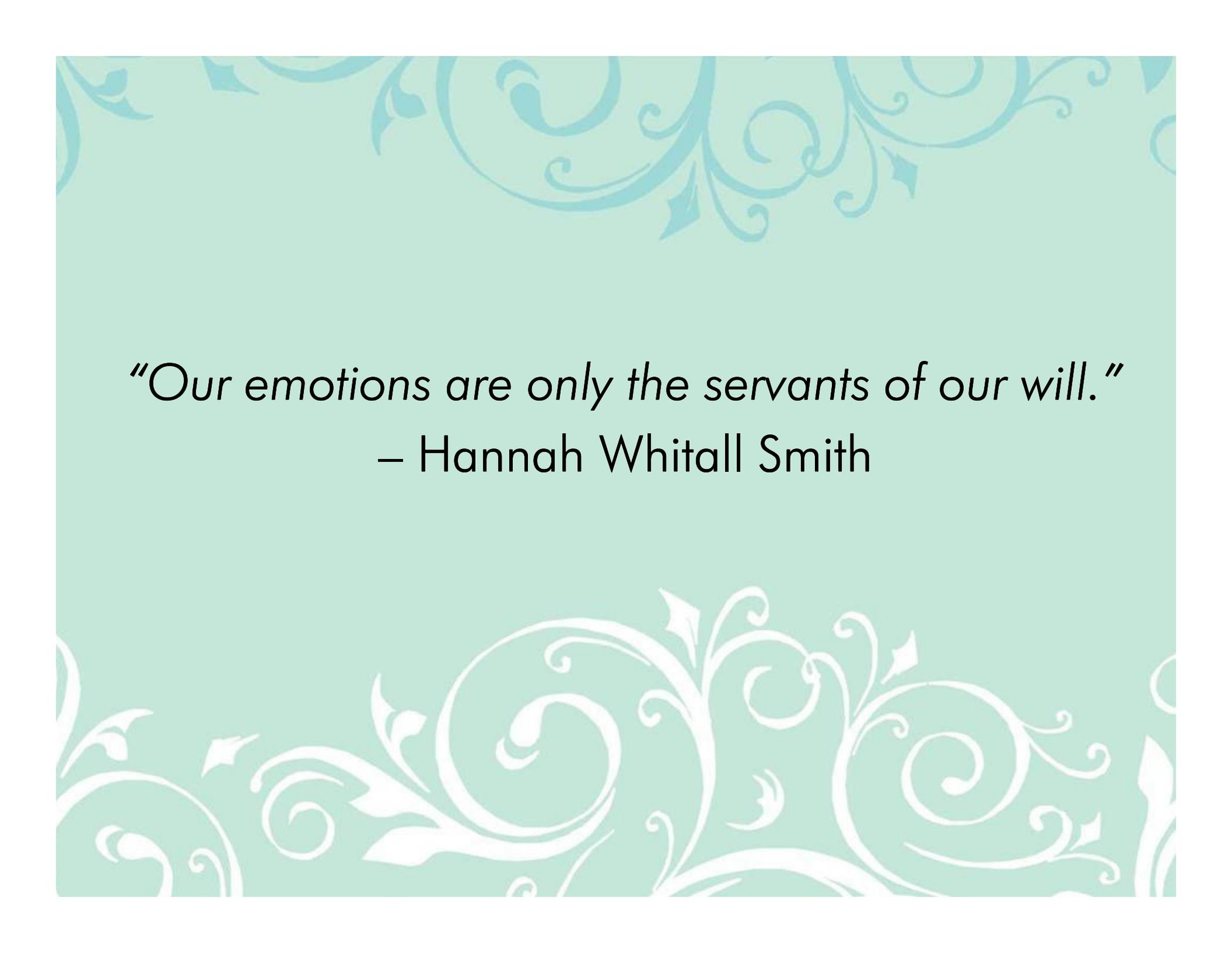
## Lamentations 3:19-26

Your soul (mind, will and emotions) wants to be your master but your soul (mind, will and emotions) is to become your servant.



***We can choose to be***

- *Emotionally Driven*
- *Holy Spirit Driven*



*“Our emotions are only the servants of our will.”*  
– Hannah Whitall Smith

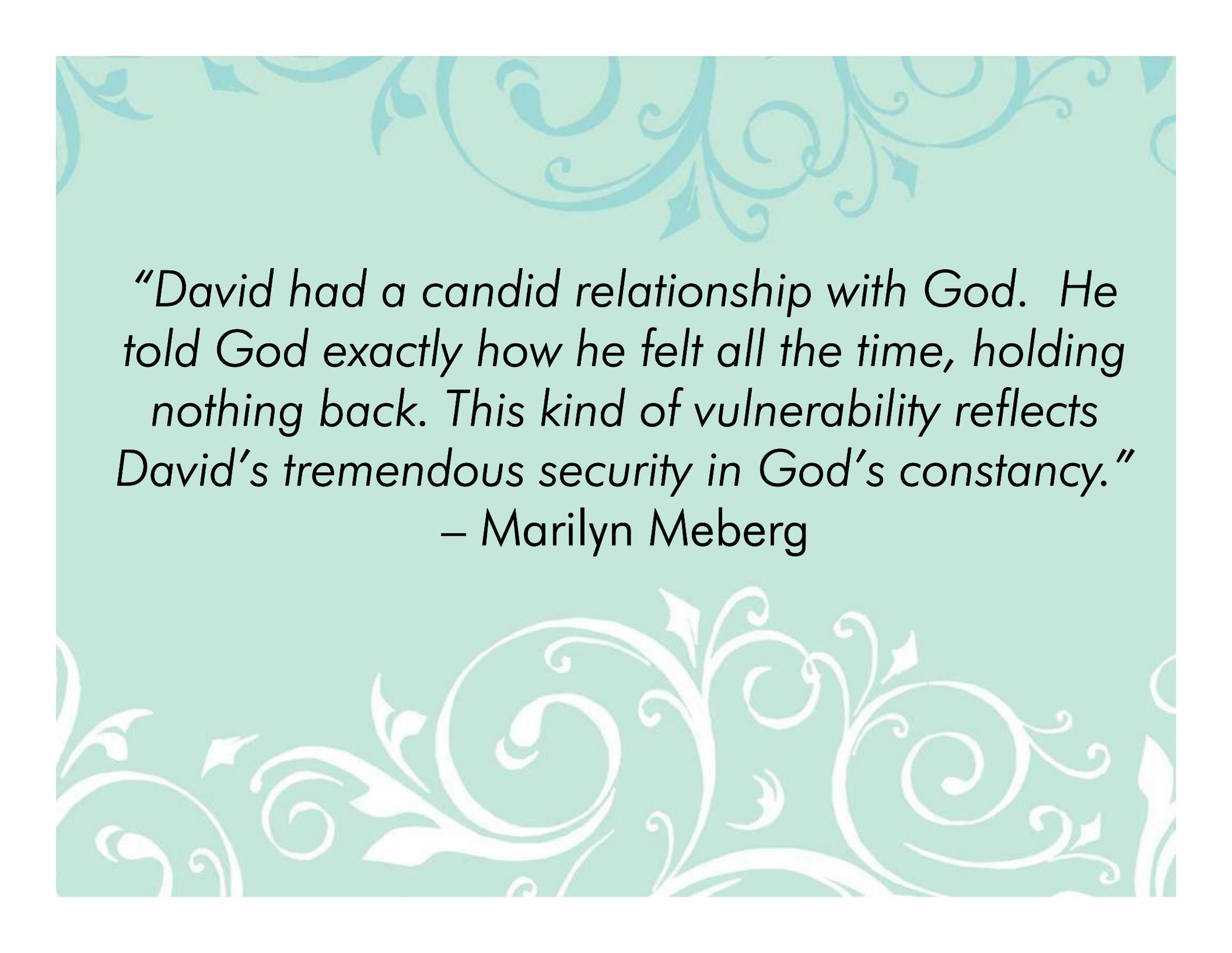
“Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.”

Romans 8:5,6 (NLT)



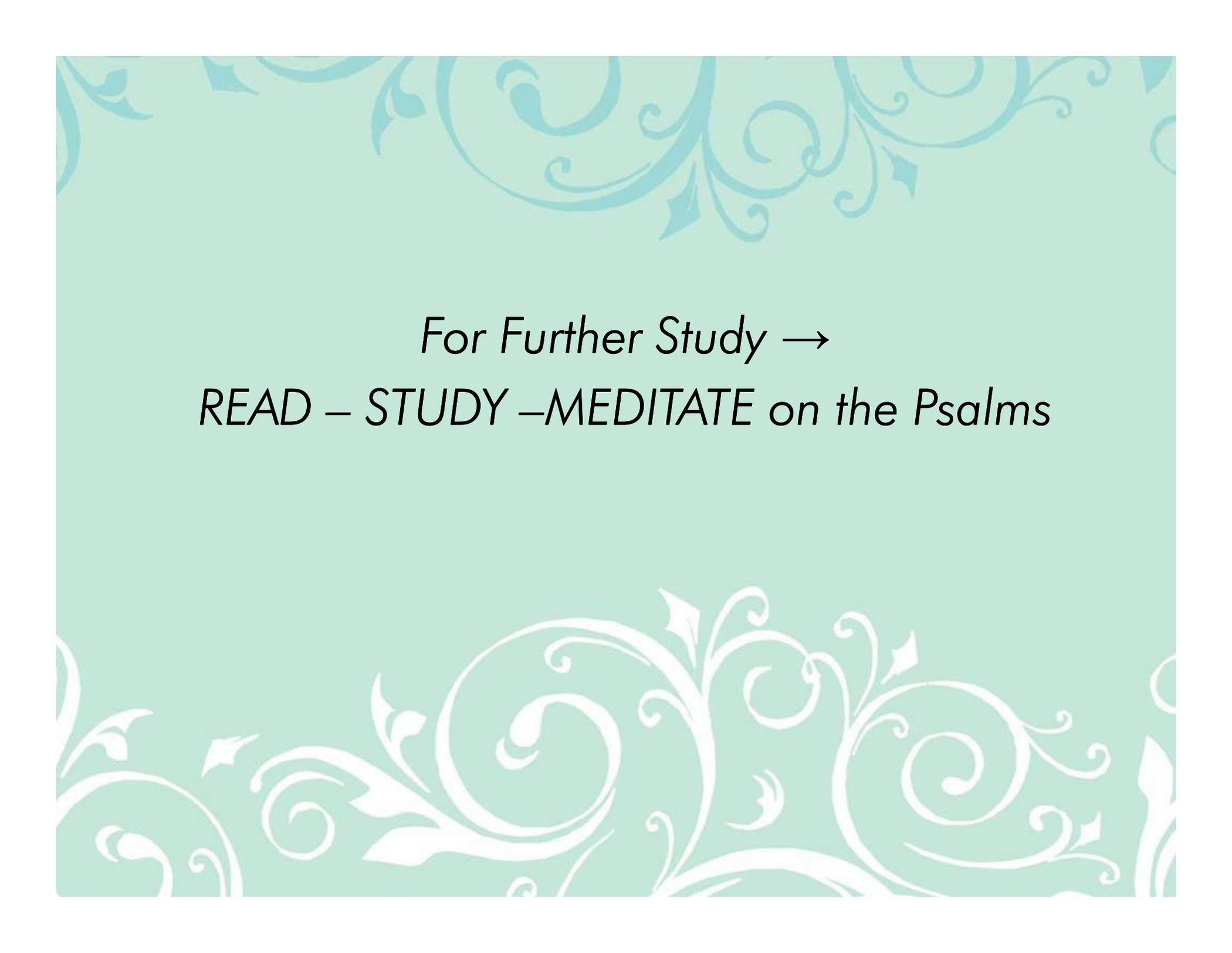
***Go home and get honest  
with yourself, and with God!***

*[Psalm 62:5-8]*

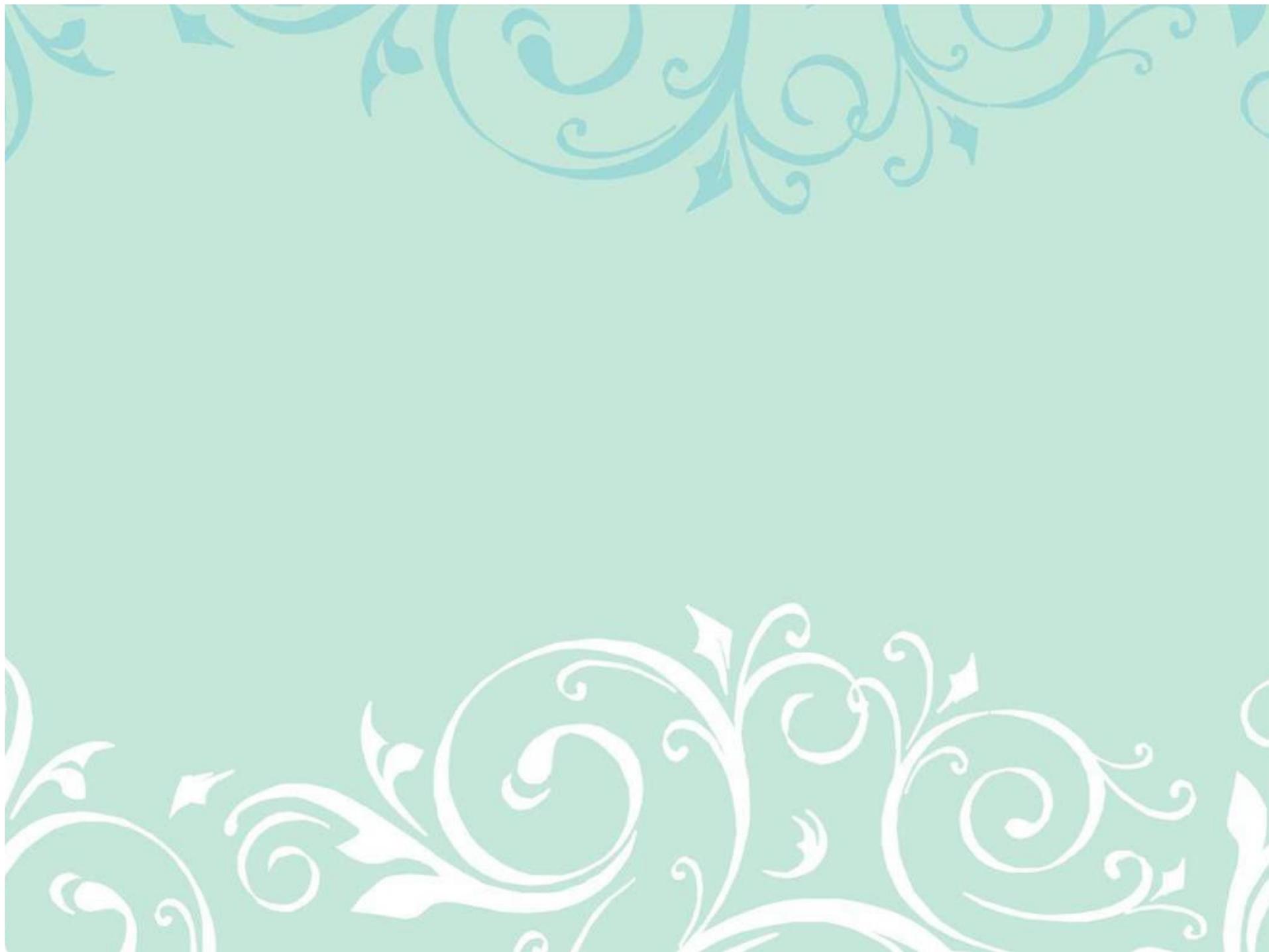


*“David had a candid relationship with God. He told God exactly how he felt all the time, holding nothing back. This kind of vulnerability reflects David’s tremendous security in God’s constancy.”*

– Marilyn Meberg



*For Further Study →  
READ – STUDY – MEDITATE on the Psalms*



2 Corinthians 10:45

We take captive every thought.

To make it obedient to Christ.

The weapons we fight with are not weapons of this world

But have divine power to pull down strongholds

We cast down arguments and every high thing

That sets itself against the knowledge of God

Psalm 61—Hear My Cry

Hear my cry, hear my cry oh God, oh God

My heart is fainting as I call to you

Lead me to the Rock that is higher than I

I long to dwell in your tent forever

Lead me to the Rock that is higher than I

For you are my refuge,

and I take refuge under your wing

