“Emotions are closer to us than air. They are the ever-present current within us: they define the inner world and give us continual commentary on the outer world. Awareness of life even starts with emotions. Life demands an understanding of emotions. Setting aside the biblical realities and the evangelical scene, simple existence demands an understanding of the place of emotions. They are closer to us than our skin, than the air we breathe. Emotions are as constant and present as the weather surrounding us. We need to understand and manage them.” - Dr. David Eckman, Th.M., Ph.D. specializing in the Old Testament, and Spiritual Formation

Every day we will choose to handle our feelings in one of the following ways:

- LIVE by what we feel.
- DENY what we feel.
- MANAGE what we feel.

John 10:9-11

“Emotions make terrible destinations but very helpful compasses.” - Jennie Allen, Restless; Because You Were Made for More

John 14:1, 15-18, 25-27

John 14:26-27 (AMP) But the Helper (Comforter, Advocate, Intercessor—Counselor, Strengthener, Standby), the Holy Spirit, whom the Father will send in My name [in My place, to represent Me and act on My behalf], He will teach you all things. And He will help you remember everything that I have told you. Peace I leave with you; My [perfect] peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be afraid. [Stop allowing yourselves to be agitated and disturbed; and do not permit yourselves to be fearful and intimidated and cowardly and unsettled.]

John 16:7

“Helper” in Greek is paracletos: one called alongside to help
What you can do to cooperate with the Holy Spirit in the taming of your emotions?

1. **Focus on the truth and refuse to trust your feelings.**
   Proverbs 3:5-8; Malachi 3:6

2. **Walk in the Spirit and not in your feelings.**
   Romans 8:5-8; Galatians 5:16-25
   
   Galatians 5:16 (AMP) But I say, walk *habitually* in the [Holy] Spirit [seek Him and be responsive to His guidance], and then you will certainly not carry out the desire of the sinful nature [which responds impulsively without regard for God and His precepts].

3. **Set your mind on things above and not on how you feel.**
   Colossians 3:1-16

“Feelings are indicators, not dictators. They can indicate where your heart is in the moment, but that doesn't mean they have the right to dictate your behavior and boss you around. You are more than the sum total of your feelings and perfectly capable of that little gift . . . called self-control.” — Lysa TerKeurst, *Unglued: Making Wise Choices in the Midst of Raw Emotions*

**For Further Study**

Fill-in-the-blanks with the emotion that tends to control you most often. Read the verses and record your reflections.

1. Refuse to trust your __________________ and focus on the truth.
2. Live by the Spirit and not by __________________________.

Romans 8:5-8; Galatians 5:16-25

John 14:27 (AMP) Peace I leave with you; My [own] peace I now give and bequeath to you. Not as the world gives do I give to you. Do not let your hearts be troubled, neither let them be afraid. [Stop allowing yourselves to be agitated and disturbed; and do not permit yourselves to be fearful and intimidated and cowardly and unsettled.]

3. Set your mind on things above and not on the thing that makes you feel __________________________.

Colossians 3:1-16