



*"Find Your Purpose and Reach Your Destiny"*

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## I Gotta Keep My Emotions Intact

I Peter 5:7 [NIV] Casting all your anxiety on him, for he cares for you

### Introduction:

In order to excel in your emotional journey, you must leave the old feelings and propensities at Christ's feet in order to proceed. For example; to move from the 5th Grade one must leave it to advance to the 6th. Promotion always entails leaving the old to embrace the new.

Christ's concern for His people as well as His creation includes the trichotomy of their individual person; being wellness of mind (the soul), the body (the flesh); and Spirit, (the life source of everyone). Many Christians place very little emphasis on these aspects to give the proper attention for wholeness; therefore, they experience a relationship of unhappiness and discontentment in Christ and life.

### Lesson One:

#### A Time of Rejoicing

We must learn to rejoice in the past, present, and the future.

Scripture: Psalm 33:1-22

Joy is not dependent on our circumstances; and this psalm helps us realize that we can find Joy in every circumstance

**WHAT IS JOY?:** *A good feeling in the soul, produced by the Holy Spirit, as He causes us to see the beauty of Christ in the Word and in the world.*

**HOW DO I OBTAIN THIS JOY?** – Its already within you? (See Nehemiah 8:10). God's joy is predicated upon His promises. Therefore, it is not emotional Joy, but Spiritual.

### WHAT JOY IS NOT ...

It is not

- An \_\_\_\_\_.
  - It is not \_\_\_\_\_.
  - It is \_\_\_\_\_.
- It is a Holy emotion prompted by the Spirit of God.

One of the marks of the difference between an idea and an emotion or feeling is that you don't have immediate control over your feelings or emotions. You can't snap your fingers and decide to feel something.

Example - a bear in the woods.

I don't decide to think of being afraid when I see a bear; I cannot control the emotion that I feel when I see it.

### HOW DO WE EXPERIENCE THIS JOY IN IT'S FULLNESS?

In order to experience God's joy, we must obey the command of God. Psalm 33:1-3 *Sing joyfully to the LORD, you righteous; it is fitting for the upright to praise him. 2. Praise the LORD with the harp; make music to him on the ten-stringed lyre. 3. Sing to him a new song; play skillfully, and shout for joy.*

### THERE ARE THREE COMANDS FROM THESE 3 SCRIPTURES

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_

A command from God will demand that we do things that are completely outside of our control to do – for instance; we are commanded to rejoice, to fear, to be grateful; and to be tender hearted.

**Notes:** \_\_\_\_\_  
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