



"Find Your Purpose and Reach Your Destiny"

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MANAGING THREATENING EMOTIONS

Gods' Expectations For My Life

We have begun our study through the Old Testament Psalm to examine some threatening emotions we experience through various circumstances in life.

This study by no means will cover the spectrum of emotions (threatening or non-threatening) of our humanity however, we felt led of the Lord to teach on some specific *human motions* and *expectations of the Spirit*. In this series, you will learn of 4 expectations of God for your spiritual growth; and 8 threatening emotions we experience during the growth process.

OBJECTIVE:

- To identify with and perform God's expectations of us - (Mentioned in this series).
- To provide Biblical information for self-management of threatening human emotions that could affect our spiritual growth.
- Applying the Word of God to our lives; and being demonstrative of what we have learned.

He that hath an ear, let him hear what the Spirit saith unto the churches. **Revelation 2:17 (KJV)**

Lesson One: JULY 19

A TIME OF REJOICING: *We must learn to rejoice in the past, present, and the future.*

Manna - 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

Lesson Two: JULY 26

LONELINESS: *How do I cope with abandonment?*

Find strength when you feel everyone has forsaken you.

Psalm 22:1-31

When we face such situations, we should be honest about it; but we should also look to each other and God to find strength. This psalm shows us how to do that.

Lesson Three: AUGUST 2

WHEN YOU'RE AFRAID: *You must find peace when fear comes*

Psalm 51:1-23

God's peace will settle you. Regardless to whether it's Physical, emotional or spiritual, we all fight fear. The good news we gain from this psalm is that we can learn to handle fear.

Lesson Four: AUGUST 9

GRATITUDE: *the key to possessing a grateful heart*

Learn how to be thankful at any place in your life and at any time.

Psalm 136:1-26

Beloved, your life will overflow with gratitude when you become convinced of God's unconditional love for you and you are reminded of His love through creation, your relationship with Him, and His provisions for your life.

Lesson Five: AUGUST 16

ANGER: *When you feel cornered and defenseless*

Learn how to harness anger and do not let it control you.

Psalm 37:8-9

Anger is a natural, God given emotion, which, though potentially harmful, can be controlled and managed properly. This psalm gives us some godly ways to express our anger without sin. In this lesson, we will share *six steps to take to control of your emotions and regain rationality in controlling situations.*

Lesson Six: AUGUST 23

CONTENTMENT: *When Your Soul Needs the Peace and Strength of God*

Learn to find serenity, no matter what circumstances are prevalent

Psalm 62:1-12

This psalm gives us ways to find inner peace and rest in the midst of outer circumstances. The secret to contentment is looking to God rather than your circumstances to give you fulfillment and peace.

Lesson Seven: AUGUST 30

COPING WITH DEPRESSION: *Ending the relationship with darkness*

Learn to live - when just living within itself is a challenge.

Psalm 88:1-18

This psalm helps us see how we can discover hope in the deepest depression. In fact, during the time of depression, we must cry out to God.

Lesson Eight: SEPTEMBER 6

HOW TO HANDLE DISSAPPOINTMENT: *What Should I do When My Dream Dies?*

We must learn how to handle the pain of what might have been without deep regret or remorse.

Psalm 107:1-43

How can I find peace when my dream has been shattered? This psalm offers hope to those who are disappointed with life.

Lesson Nine: SEPTEMBER 13

UNCERTAINTY: *When you're Not Sure of Your Next Move?*

We must learn how to make wise decisions when the path before us is unclear.

Psalm 19:1-14

How do we know the will of God for our lives when we are unsure of what He wants? This psalm helps those who struggle with uncertainty to find God's direction for their lives.

Lesson Ten: SEPTEMBER 20

RESTLESSNESS: *"I Still Haven't Found What I'm Looking For"*

Learn the cause of - and cure - for our incessant inner hunger

Psalm 42:1-11

We all feel restless until the consummation of the kingdom of God; but we can find contentment until then by putting our security in Jesus Christ of Nazareth

Lesson Eleven: SEPTEMBER 27

OUTRAGE: *When You Want To Get Even!*

Learn how to forgive when you want to fight back

Psalm 137:1-9

God doesn't expect us to pretend the outrage isn't real neither does He expect us to resist the temptation to return evil with evil; but to work for reconciliation, to leave room for His wrath, and to overcome evil with good.

Lesson Twelve: OCTOBER 4

PRAISE: *Find Joy in the Seasons of Your Life*

Learn how and why to praise God at any place, any time, and in all ways

Psalm 150:1-6

We should praise God no matter what we are going through. So long as you have breath, praise God for whom he is and what he does in any and every way.