
How to Deal With How You Feel

Being Transformed in Your Emotional Health

I Kings 19:1-10

PURPOSE OF EMOTIONS

- To relate to other's feelings.
- To accurately relay/convey to others how you feel.

FACTS ABOUT EMOTIONS

God Has Emotions

John 3:16 (NKJV)

¹⁶For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.

Hebrews 3:10 (NKJV)

¹⁰Therefore I was angry with that generation, And said, 'They always go astray in their heart, And they have not known My ways.'

Ephesians 4:30 (NKJV)

³⁰And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

My Emotions Are a Gift From God

Genesis 1:26 (NKJV)

²⁶Then God said, "Let Us make man in Our image, according to Our likeness; let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, over all the earth and over every creeping thing that creeps on the earth."

"Emotions are something to be expressed." – Pastor Billy Johnson

Emotions Feel, They Don't Think

Emotions can tell you how/what you are feeling, but they cannot tell you what to do about how you are feeling.

WHY I MUST LEARN TO MANAGE MY EMOTIONS

My Feelings Are Often Unreliable – They Change

Proverbs 14:12 (NKJV)

¹²There is a way that seems right to a man, But its end is the way of death.

“Emotions can change before you get out of bed.” – Pastor Billy Johnson

I Don't Want To Be Manipulated By The Enemy

1 Peter 5:8 (NKJV)

⁸Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.

“The enemy can use my emotions as a tool against me.” – Pastor Billy Johnson

I Want To Succeed In Life

MY SUCCESS IS TIED TO MY EMOTIONAL INTELLIGENCE.

- Emotional intelligence allows you to be aware of, control, and express your emotions as well as handle interpersonal properly.
- Emotional intelligence is the key to both personal and professional success.

“The better I can relate to different types of people, the greater God can use me.” – Pastor Billy Johnson

HOW TO MANAGE UNWANTED EMOTIONS

CASE STUDY: ELIJAH

1 Kings 19:1–10 (NKJV)

¹And Ahab told Jezebel all that Elijah had done, also how he had executed all the prophets with the sword.

²Then Jezebel sent a messenger to Elijah, saying, “So let the gods do to me, and more also, if I do not make your life as the life of one of them by tomorrow about this time.”

³And when he saw that, he arose and ran for his life, and went to Beersheba, which belongs to Judah, and left his servant there.

⁴But he himself went a day’s journey into the wilderness, and came and sat down under a broom tree. And he prayed that he might die, and said, “It is enough! Now, LORD, take my life, for I am no better than my fathers!”

⁵Then as he lay and slept under a broom tree, suddenly an angel touched him, and said to him, “Arise and eat.”

⁶Then he looked, and there by his head was a cake baked on coals, and a jar of water. So he ate and drank, and lay down again.

⁷And the angel of the LORD came back the second time, and touched him, and said, “Arise and eat, because the journey is too great for you.”

⁸So he arose, and ate and drank; and he went in the strength of that food forty days and forty nights as far as Horeb, the mountain of God.

⁹And there he went into a cave, and spent the night in that place; and behold, the word of the LORD came to him, and He said to him, “What are you doing here, Elijah?”

¹⁰So he said, “I have been very zealous for the LORD God of hosts; for the children of Israel have forsaken Your covenant, torn down Your altars, and killed Your prophets with the sword. I alone am left; and they seek to take my life.”

I Must Name It

Identify what is going on and give it a name (anger, sadness, fear, etc.)

“Denial is not healthy.” – Pastor Billy Johnson

I Must Reframe It

What is the real reason you are feeling the way you are feeling.

“Your emotions can cause you to be misinformed.” – Pastor Billy Johnson

I Must Tame It

EVERYDAY: Ask God To Help Me Manage My Mouth And My Mind

Psalm 19:14 (NKJV)

¹⁴Let the words of my mouth and the meditation of my heart Be acceptable in Your sight, O LORD, my strength and my Redeemer.

Psalm 141:3 (NKJV)

³Set a guard, O LORD, over my mouth; Keep watch over the door of my lips.

EVERYDAY: Ask God To Fill Me With His Spirit

Galatians 5:22–23 (NKJV)

²²But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, ²³gentleness, self-control. Against such there is no law.

“Be filled with the spirit so you will not leak.” – Pastor Billy Johnson

Galatians 5:22–23 (MSG)

²²But what happens when we live God’s way? He brings gifts into our lives, much the same way that fruit appears in an orchard—things like affection for others, exuberance about life, serenity. We develop a willingness to stick with things, a sense of compassion in the heart, and a conviction that a basic holiness permeates things and people. We find ourselves involved in loyal commitments, ²³not needing to force our way in life, able to marshal and direct our energies wisely. Legalism is helpless in bringing this about; it only gets in the way.