

# Managing Our Emotions



## Emotions are like children:

- We don't let them drive the car because that would be dangerous
- We don't put them away in the trunk when they make us feel uncomfortable
- We do put them in a car seat for appropriate space to be managed well and understood.

We need to be aware of how our "feelings" are disrupting our nervous system.  
What is the impact? (Notice/Name/Interview/Invite God/Seek His work)

We are **healthiest** when our minds and hearts are in line with God's will over our own.  
(Romans 12:2, Proverbs 3:5-8, Psalm 139:23-24) What lies are you believing as truth?

A good practice is to **Inhale Scripture and Exhale Prayer**

## How to regulate our emotions (Manage)

1. Notice them. How do they affect us and our bodies
2. Name them. If you are anxious say you are anxious
3. Interview them. Ask yourself questions about why you are feeling this way
4. Invite God in. Ask him to speak truth over them and guide you through
5. Seek evidence of God's work. Remember what he has already done.

**Remember** that God is close to the brokenhearted. (Psalm 34:18)

We have been given the **Psalms** to process much of our emotions. (Romans 8:26)

- Call to Worship:** Exhorting our community to engage directly with God. Psalm 100
- Petition:** Express our desires and requests to God. Psalm 25:4-5
- Lament:** Express our sadness, anger and longing. Psalm 22:1
- Confession:** Talk with God about our sin. Psalm 51:4
- Re-orientation:** Express and teach truth. Psalm 37:8-9
- Testimony:** Tell what God has done. Psalm 32:3-5
- Thanksgiving:** Express gratitude and joy. Psalm 118:21
- Adoration:** Express affection and reverence. Psalm 18:1
- Trust/Intention:** Express intent to surrender to God. Psalm 113:12-15
- Enthronement:** Exalt God and declare his greatness. Psalm 145:13

## Ways to manage Depression (Psalm 34:18, 147:3). Depression is dysregulated sadness.

We need others in our lives to speak truth over us when we cannot.

1. Admit something is wrong
2. Talk it out with someone
3. Invite God to speak over it with truth
4. Recognize his work in and through it
5. Repeat

**Community** can be the best medicine for someone who is struggling with depression.  
(Ecclesiastes 4:9-10). Your autonomic nervous system has a herd mentality.

We need others to help us see truth when our brain is telling us lies. (2 Corinthians 1:3-7)

- Who are your 12? Who are your 3? Look at Jesus' example. Just like at a wedding we all experience the blessing of community but have different roles. We only need one best man.
- What is holding you back from community? Ministry is relational. "We don't recover alone"

**Stages of Grief:** (Matthew 5:4, 11:28, Hebrews 4:15, Isaiah 41:10, 53:3) Normal/Natural/Good  
It is a journey of expression and experience through movement. Don't walk alone.

1. Denial
2. Anger
3. Bargaining (don't get stuck here)
4. Depression (don't get stuck here)
5. Acceptance

We need to be ok with **sadness** and allow ourselves to sit in it and move through the stages with the LORD. Remember Jesus was a man of many sorrows but he did not allow it to control him. He gave it the appropriate time and weight. Pain can and will be transformed into purpose. Serving others can be one of the greatest blessings forward.

**Good Books:**

- Beyond the Darkness by Clarissa Moll
- A Grief Observed by C.S. Lewis
- Dark Clouds Deep Mercy: Discovering the Grace of Lament by Mark Vroegop
- Suffering is Never for Nothing by Elizabeth Elliott
- Anxiety: Knowing God's Peace by Paul Tautges
- Remade by Paul Tautges
- Don't Waste Your Sorrows by Paul E. Billheimer
- The Louder Song by Aubrey Sampson
- What Was Lost by Elise Erickson Barrett
- Just Be Honest by Clint Watkins
- 31 Day Devotionals for Life by Biblical Counseling Coalition

**Reflect:** How is the LORD deepening our relationship and dependency on him as we draw near to him to find comfort, understanding, strength, refuge, healing and hope as his image bearers? (Revelation 3:10)

**Gratitude Journal:** Gratitude is the antidote for unhealthy Anxiety. They actually occupy the same space in our brains so they can't exist at the same time. Your brain is designed by God to have neuroplasticity where we can remove and replace our thought patterns.

**Read Philippians 4:6-8** (Fill in these blanks daily to rehearse God's goodness).

True:

Honorable:

Just:

Pure:

Lovely:

Commendable:

Worthy of Praise:

**Remember: Although we have been given helpful resources like:**

Counseling, Medication, Self-Care Practices, and Community they can never become our Savior. Jesus must be our source of comfort and care as we journey towards newness of life.

Elijah was contemplating life.  
Job wished he was never born.  
David was depressed.  
Moses was anxious.  
Hannah was barren.  
Paul was alone in prison.  
But God set them free and used their mess  
as a message. God can turn our darkest  
moments around for our good if we  
choose to worship Him in the storm.