

Mark 12:30 NIV  
Love the Lord your God with all your heart and with all your soul  
and with all your mind and with all your strength

## My emotions are a gift from God!

James 1:17 NLT  
Whatever is good and perfect is a gift coming down to us from God our Father,  
who created all the lights in the heavens. He never changes or casts a shifting shadow.

Genesis 1:26a NLT  
Then God said, "Let us make human beings in our image, to be like us..."

### **2 Extremes to Avoid:**

1. Emotionalism - All that matters is how I feel
2. Stoicism - Feelings don't matter at all

### **With every emotion that you feel you must either:**

#### Control it, because I don't want to be manipulated!

Proverbs 25:28 NASB 95  
Like a city that is broken into and without walls Is a man who has no control over his spirit.

#### Channel it, because I want to succeed in life!

Proverbs 5:23 NLT  
He will die for lack of self-control; he will be lost because of his great foolishness.

#### Change it, because I want to please God!

Romans 8:6-8 NLT  
So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace. For the sinful nature is always hostile to God. It never did obey God's laws, and it never will. That's why those who are still under the control of their sinful nature can never please God.

#### Cancel it, because I can't trust how I feel!

Proverbs 14:12-13 NIV  
There is a way that appears to be right, but in the end it leads to death.  
Even in laughter the heart may ache, and rejoicing may end in grief.

Zechariah 4:6 NIV  
So he said to me, "This is the word of the LORD to Zerubbabel:  
'Not by might nor by power, but by my Spirit,' says the LORD Almighty.

Galatians 5:22-23 NLT  
But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness,  
faithfulness, gentleness, and self-control. There is no law against these things!