

MANAGING your EMOJIS



Reference notes for sermon series
by Dr. Curt Dodd

HOW TO MANAGE YOUR EMOJIS

SERMON 1: PRAY

Luke 11:1-13

1. Pray
2. Pray to Our **Personal** God
3. Pray **Praising**
4. Pray **Petitioning**
5. Pray **Persistently**
6. Pray with **Promise**
7. Pray **Positively**

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SERMONS 2 & 3: ANXIETY

Philippians 4:4-9

1. Attitudes Come by **Choice**
2. Be Sensitive to Your **Witness**
3. Claim the Lord's **Presence**
4. Dismantle Unfounded **Fear**
5. Embrace **Positive** Thoughts
6. Follow After Godly **Examples**

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SERMON 4: LOSS

Job 1:20-21, John 13:3-5

John 12:27-28, John 12:12-15

When loss happens...

1. Stand There

- a. Feel it, don't flee it
- b. Take time to adjust to your new normal

2. Surround Yourself with Positive, Life-giving Friends

3. Serve Others

Key thought: If you don't know who you are, you will never have the sustaining power to serve others, especially when you experience personal loss.

4. Steer Forward

5. Savor Today's Blessings

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SERMON 5: SADNESS

Revelation 21:4, Isaiah 53:4, Matthew 5:4

The Power of Sadness...

1. It Has the Power to Turn You **Inward**
2. It Has the Power to Turn You **Upward**
3. It Has the Power to Turn You **Outward**

Three biblical responses to sadness:

1. Pray (*James 5:13*)
2. Praise (*Psalms 42:11*)
3. Press (*2 Corinthians 1:3-4*)

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SERMON 6: STRESS *Mark 1:35-39, Matthew 11:28-30*

Here are three things you can do to make stress management a reality as a Christian:

1. Get Transparently **Honest** About How You Handle Stress
 - a. Some of us live in **denial**
 - b. Some of us live with **distraction**
 - c. Some of us live on the edge of **detonation**
 - d. Some of us live resisting our personal **description**
2. Get Seriously **Disciplined** with a Daily Quiet Time
 - a. When you practice the **right disciplines**
 - b. People want what you **have to give**
 - c. You will be ready to give of **yourself**
3. Get Actively Involved in Your **Healing**

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SERMON 7: ANGER

Ephesians 4:26-27, Ephesians 4:31

Like Jesus...

1. I will **manage** my anger. (*Proverbs 29:11*)
2. I will not minimize my responsibility when my anger is **expressed**. (*Matthew 5:21-22*)
3. I will not let my anger **destroy** my ability to worship. (*Matthew 5:23-24*)
4. I will settle my anger issues **quickly** and not let them smolder. (*Matthew 5:25-26*)
5. I will learn to get angry over the **right** things (*Matthew 5:21-22*)
 - a. Insensitivity to people in **pain** (*Mark 3:5*)
 - b. Insensitivity to things of **God** (*John 2:13-22*)
 - c. Insensitivity to **public** sin (*2 Kings 17:18*)
6. I will take **time** before I respond and ask **God** what He wants me to say.
7. I will look beyond what has caused the **emotion** to rise within and seek the Lord for next steps
 - a. It will call for prayer (*Matthew 5:44-45*)
 - b. It will call for politeness (*Proverbs 15:1*)
 - c. It will call for parting (*Proverbs 22:24*)

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SERMON 8: FORGIVENESS: LEARNING TO TRUST AGAIN

John 20:19-21

1. You will be able to **trust** again when, like Jesus, you really **forgive**.
One key thought: I forgive, because I'm forgiven.
2. You will be able to **trust** again when you are **secure** in who you are.
You know you are secure in who you are, when you are able to show your scars.
3. You will be able to **trust** again when you learn to lean on God to **empower** you.
*"Forgiveness is not an occasional act, it is a constant attitude."
Martin Luther King, Jr.*
4. You will be able to **trust** again when you focus on the **future** rather than the **past**.
Forgiveness does not forget the past, but it does enhance the future.

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SERMON 9: FORGIVENESS: EARNING TRUST AGAIN

John 20:19-21

How to earn it back:

1. Take a step of **repentance**. (*Luke 22:61-62*)

True repentance has a double aspect, it looks upon things past with a weeping eye, and upon the future with a watchful eye.”

- Robert Smith

2. Take a step toward **restoration**.
3. Take a step back to the original **task**.
4. Take a step, **one step** at a time.
5. Take a step of **persistence**.

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SERMON 10: PAIN, Part 1 and 2

Romans 8:28-29

Several misconceptions we have about healing:

1. Healing is in the atonement.
2. If you have enough faith, you will be healed.
3. God works the same today as yesterday.
4. Health is a sign of spiritual wellness.

Where does sickness really come from?

1. Sickness is the result of aging.
2. Sickness is the result of accidents.
3. Sickness is the result of emotional state.
4. Sickness is the result of sin.
5. Sickness is sometimes allowed by God.

What should we do if we are in need of healing?

1. Pray (*Psalms 119:67*)
2. Worship
 - a. In Music (*I Samuel 16:23*)
 - b. In the Word (*Romans 10:17*)
3. Serve (*Romans 12:13*)
4. Seek (*I Timothy 5:23*)
5. Laugh (*Proverbs 17:22*)
6. Trust (*II Corinthians 12:10*)

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SERMON 11: DISAGREEMENT

Acts 15:36-41

Four critical principles to managing disagreements:

1. The **process** will always be a journey.
2. The **progression** can always produce growth.
3. The **path** is always to consider the other person.
4. The **prognosis** is always conditional.

Four questions to ask:

1. Will you be open?
2. Can you see the other side?
3. Do you have the ability to compromise?
4. Will you run before resolution?

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SERMON 12: GUILT

1. Guilt: Where we make our **Reservation**.
2. Guilt: How we **Travel** with it.
 - a. Sometimes, **we ride the silent subway of guilt**. (*Psalm 13:2*)
 - b. Sometimes, **we fly the unfriendly skies**.
 - c. Sometimes, **we drive the back roads**. (*Psalm 38:18*)
3. Guilt: How we get a **Refund**.
 - a. Admit you bought the **wrong ticket**. (*1 John 1:9*)
 - b. It is important for us to realize that we need to receive our **credit receipt**. (*Romans 8:1*)
 - c. Discard the **useless ticket**. (*Isaiah 43:18*)
4. Guilt: God's Travel Plan for you.
 - a. No **luggage**
 - b. No **bills**
 - c. No **waiting**

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SERMON 13: TEMPTATION

Luke 4:1-13

1. Refuel your Spirit
2. Refuse the Seduction
3. Recite the Scriptures (*Psalm 119:105, Psalm 119:11*)
4. Rest in the Savior (*Proverbs 18:10*)
5. Resist Satan (*James 4:7*)
6. Rejoice in the Situation (*James 1:2-4*)

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SERMON 14: EXHAUSTION

1 Kings 19:1-18

Principles to Get You Going Again

1. Pay attention to your dashboard
2. Be willing to walk alone
3. Express your pain and frustration
4. Open your spiritual ears
5. Enter the conversation
6. Watch what the Lord is doing right now in your life
7. Move forward with help from others
8. Go help others with a fresh word from God

Power Words to Practice

1. Come – Either you respond to the tug of God or you keep running on fumes.
2. Take – Receive from the Lord His words, His principles.
Stop thinking you still have more to give.
3. Learn – You have limits; physically, emotionally, financially, and spiritually.
4. Rest – Self-care always proceeds the soul-care of others. Breathe!

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SERMON 15: ENCOURAGEMENT

1 Corinthians 13, 1 Thessalonians 5:1

What to do with Encouragement:

- 1. Receive it
- 2. Release it

Why Encouragement is so hard:

- 1. We didn't receive it growing up.
- 2. We have no overflow of Christ's life in our own life.
- 3. Our journey has become too inward.

How to refine Encouragement in your life:

- 1. Dream encouragement (*John 14:12*)
- 2. Risk encouragement (*Matthew 14:25-29*)
- 3. Life encouragement (*Acts 1:8*)
- 4. Comfort encouragement (*John 14:23*)
- 5. Restoration encouragement (*Luke 22:31-32*)
- 6. Compliment encouragement (*Matthew 16:13-17*)
- 7. Perseverance encouragement (*John 16:33*)

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SERMON 16: FRUSTRATION

James 4:1-12

Symptoms of the Problem:

1. Conflict with others – “They don’t get it, so I will persuade them.”
2. Conflict within – “I want what I want now and I’m not getting it.”
3. Character assassination of others – “They are insensitive to me”
4. Cooperation derailed – “You’re not on my side.”
5. Callous independence – “I don’t need to pray, I’ve got this.”
6. Calculated compliance – “I will go through the spiritual motions to get what I want.”

Sources of the Problem:

1. Broken loyalty – “Adulterous”
2. Excused behavior – “We think it’s alright to live with divided allegiance.”
3. Spiritual ignorance – “We discount the result of our actions. We are at odds with God.”
4. Insensitive misalignment – “We fail to realize just how much the Lord wants to work in and through us.”
5. Proudful resistance – “I will have what I want even if it means for me to go against God.”

Solutions to the Problem:

1. Repent of Sin... and watch it disappear.
2. Resist Satan... and watch him run.
3. Run home... and watch God show up.
4. Reconnect with the right emotions... and watch your heart begin to change.
5. Relax... and watch Jesus help you to stand again with the right heart, in the right direction, with the right partners, in the right time.
6. Refuse to malign others... and watch others begin to align with you.

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SERMON 16: FRUSTRATION

James 4:1-12

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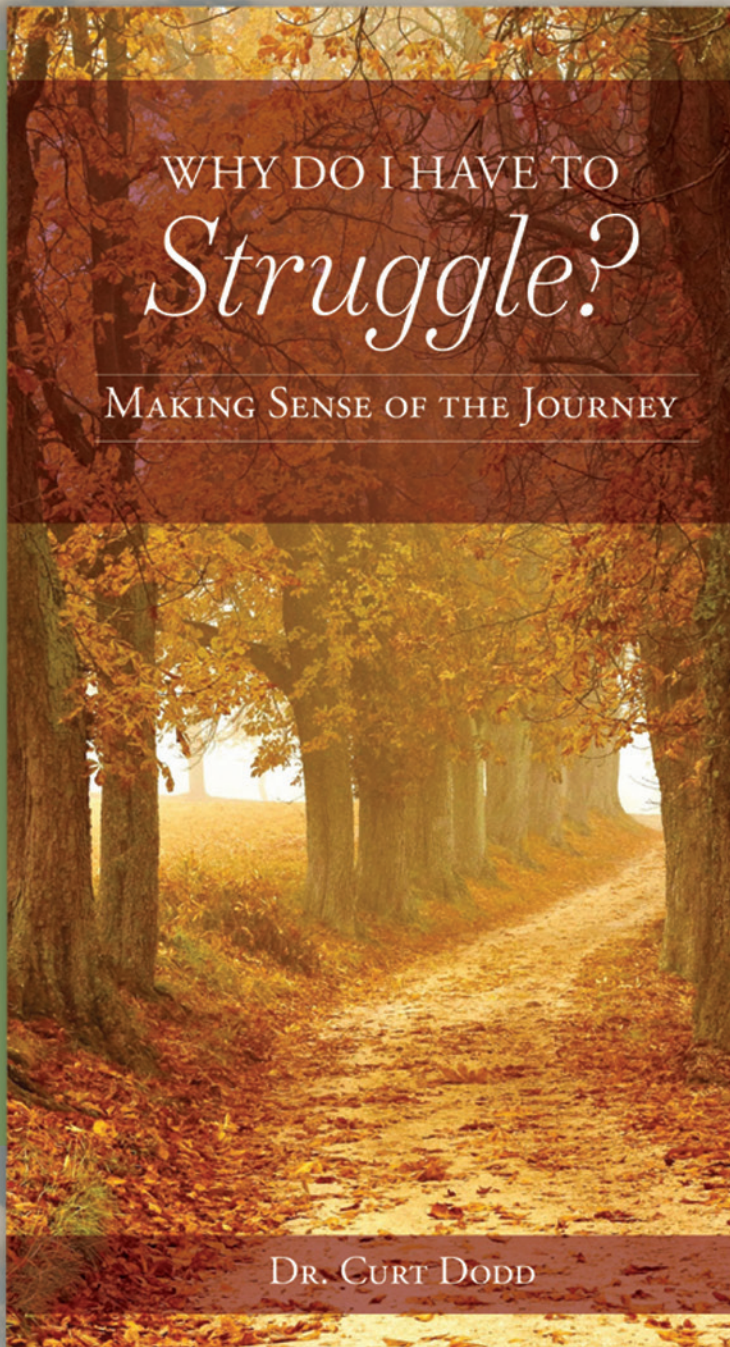
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WE ALL HAVE STRUGGLES



God is with us when we are struggling the most.

Visit HigherAim.org to order your copy of Dr. Dodd's most recent book, *Why Do I Have To Struggle? Making Sense of the Journey* for just \$10.



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