

MANAGING your EMOJIS



Reference notes for sermon series
by Dr. Curt Dodd (*Sermons 1-9*)

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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SERMON 2 & 3: ANXIETY *Philippians 4:4-9*

NOTES

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

NOTES

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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HOW TO MANAGE YOUR EMOJIS

SERMON 5: SADNESS

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

NOTES

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 7: ANGER

Ephesians 4:26-27, Ephesians 4:31

NOTES

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

NOTES

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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HOW TO MANAGE YOUR EMOJIS

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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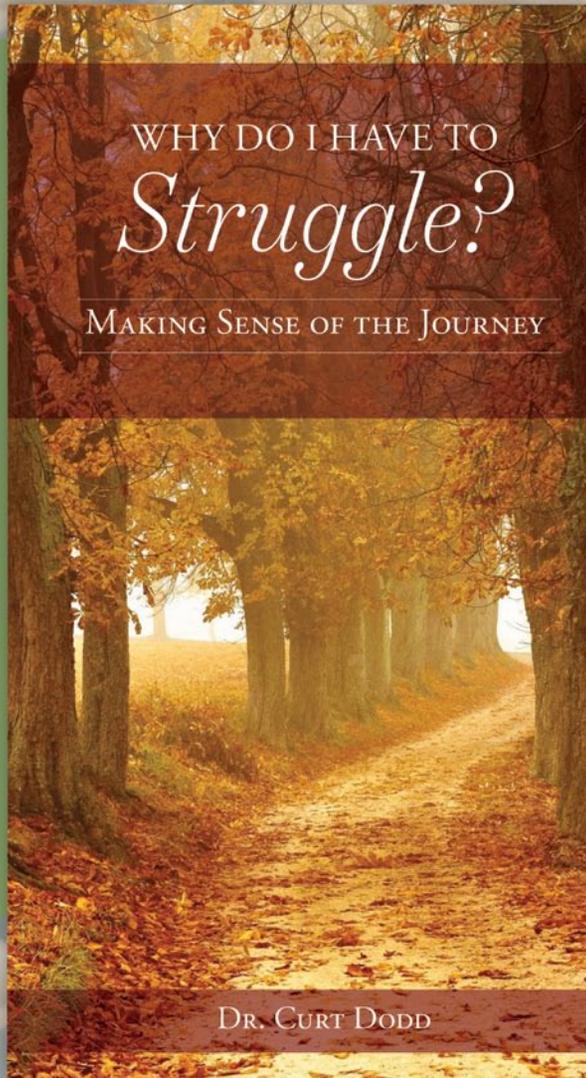
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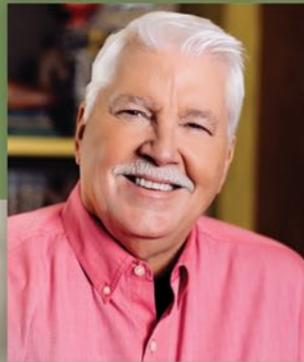
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WE ALL HAVE STRUGGLES

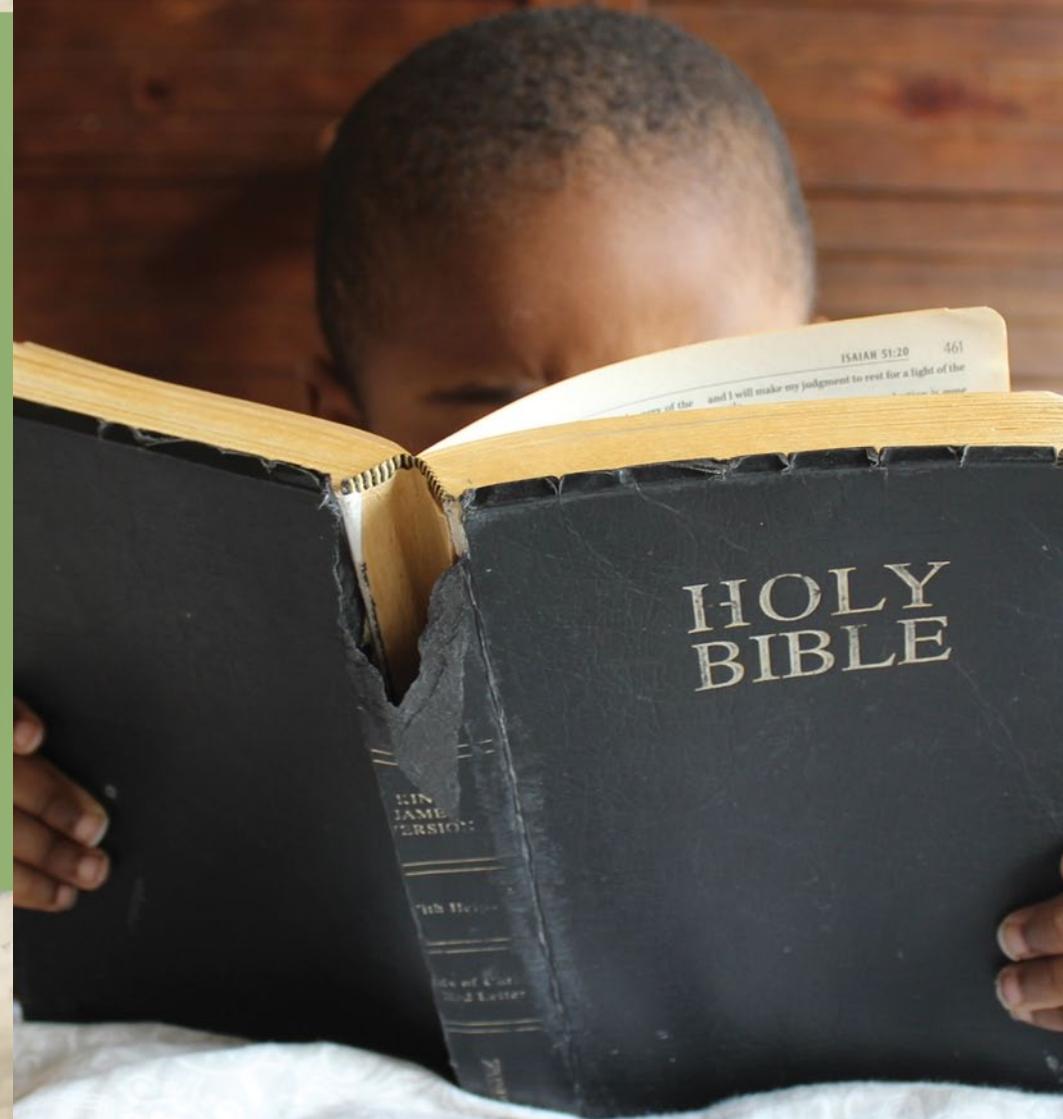


God is with us when we are struggling the most.

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



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