

**Overcoming Aftershocks
Repairing Our Emotional Life
2 Corinthians 10:3-5**

Over the next few weeks we are going to learn how to rise up in victory and “Overcome Aftershocks”

We began by seeing the importance of Resetting our Spiritual Foundation...

Last week we saw that the next step we need to take is to Restructure our Thought Life...

Today we are continuing our quest in Overcoming Aftershocks by Repairing our Emotional Life...

ONE THING

Aftershocks can trigger an EMOTION that sets into MOTION attitudes and actions giving us the faulty NOTION we will never live in Christ-like DEVOTION.

Truth:

At CONVERSION Jesus saved you from YOUR SINS

In SANCTIFICATION Jesus is saving you from YOURSELF

Today we are going to see how Jesus saves us from ourself in the area of our EMOTIONS...

Some truths about emotions...

Emotions have been given to us by God

Emotions are windows to our souls

Emotions expressed in a healthy, normal way are good

Emotions expressed in an unhealthy, unnatural way are indicators of deeper issues

Emotions and feelings are dependent on each other, but different

Emotions are physiological responses to experiences while feelings are the expression of emotions driven by thoughts and reflections

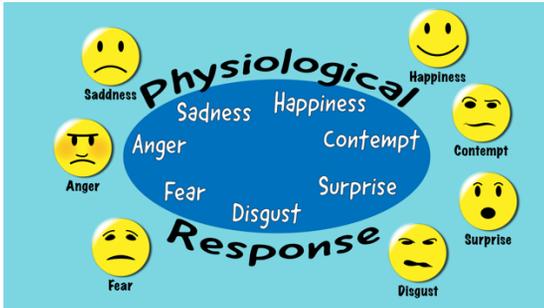
→ Emotional Aftershocks – Pic 1 - Experience



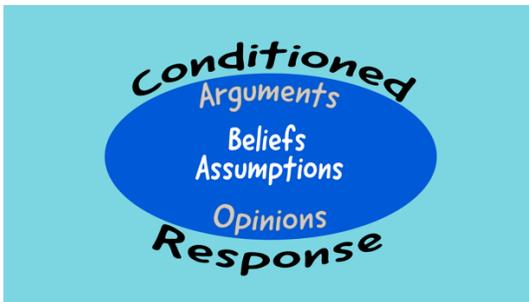
→ Emotional Aftershocks – Pic 2 – Physiological 1



→ Emotional Aftershocks – Pic 3 – Physiological 2



→ Emotional Aftershocks – Pic 4 - Conditioned



What are "Arguments & Opinions"?

➤ **ARGUMENTS** are **DISPUTES** against the **TRUTH** and **REASONS** to believe the **LIES**

➤ **OPINIONS** are **BELIEFS** held with **CONFIDENCE** but not substantiated by **TRUTH**

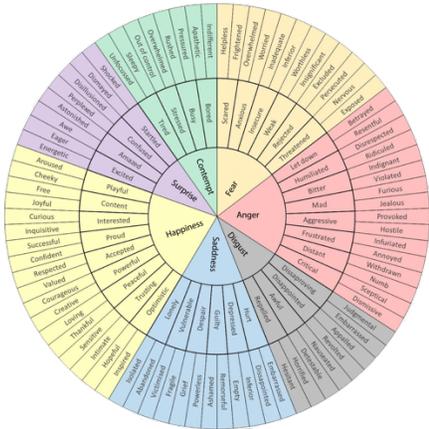
→ Emotional Aftershocks – Pic 5 - Cognitive



→ Emotional Aftershocks – Pic 6 - Behavioral

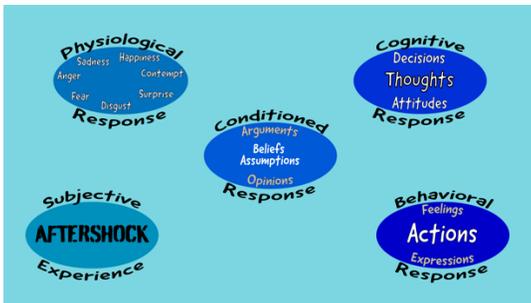


→ Emotion-Wheel

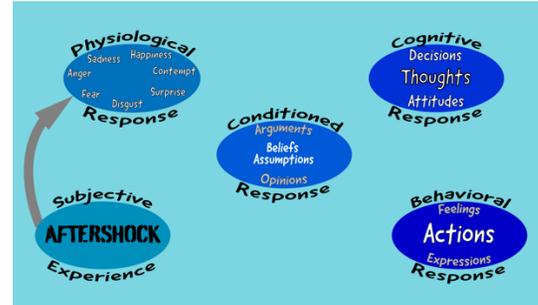


Now I want to show you how we go from an experience (Aftershock) to an expressed action...

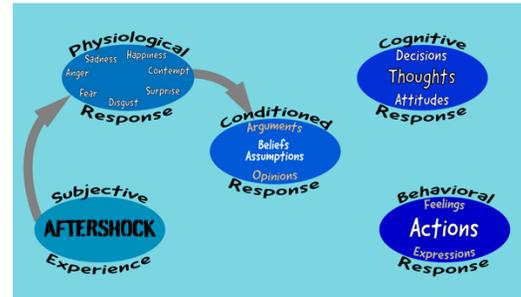
→ The Emotional Journey – Pic 1



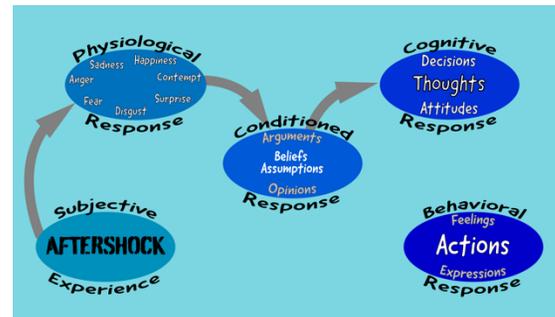
→ The Emotional Journey – Pic 2



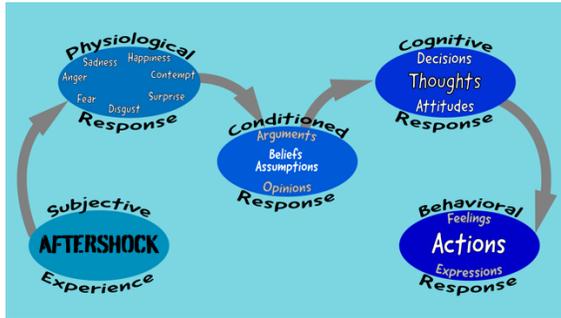
→ The Emotional Journey – Pic 3



→ The Emotional Journey – Pic 4



→ The Emotional Journey – Pic 5



Again, what are “Arguments & Opinions”?

- **Arguments are disputes against the truth and reasons to believe the lies**
- **Opinions are beliefs held with confidence but not substantiated by truth**

→ **Greek Philosophy...**

Stoicism – The Denying of Emotions

Epicureans – The Free expression of Emotions

→ **Modern Religion...**

With the rise of the Enlightenment came Humanism, Naturalism, and Secularism...

These influences had a profound impact on the Western Church as it slowly diminished the role of the Holy Spirit...

As a result, modern religion moved its focus away from dealings with the HEART and began creating “Do’s & Don’ts” to direct BEHAVIOR...

Now the truth is that ALL RELIGIONS primarily focus on changing behavior while rarely going after the HEART...

This, however, doesn’t work!!!

Colossians 2:21–23 (ESV) — “Do not handle, Do not taste, Do not touch” (referring to things that all perish as they are used)—according to human precepts and teachings? These have indeed an appearance of wisdom in promoting self-made religion and asceticism and severity to the body, but they are of no value in stopping the indulgence of the flesh.

→ **Modern Psychology...**

This neglect of the HEART by the Western Church accompanied by a growing SECULARISM gave rise to the study of the soul in a very academic way...

This became known as Psychology – The Study of the Soul

The Bible is very clear that Jesus has SET US FREE!!!

Galatians 5:1 (ESV) — For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery.

We are like the Children of Israel having been delivered from SLAVERY in Egypt...

In our conversion, Jesus delivered us out of slavery!

In our sanctification, Jesus delivers slavery out of us!

Galatians 5:1a (NIV84) — It is for freedom that Christ has set us free...

→ The Emotional Journey – Pic 6 Influencers

Today, I want to show you how to REPAIR YOU EMOTIONS by going back into the area that INFLUENCES your actions...



Going here is where the REAL BATTLE is fought!

Our key passage for today is found in 2 Corinthians...

2 Corinthians 10:3–5 (ESV) — For though we walk in the flesh, we are not waging war according to the flesh. For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ

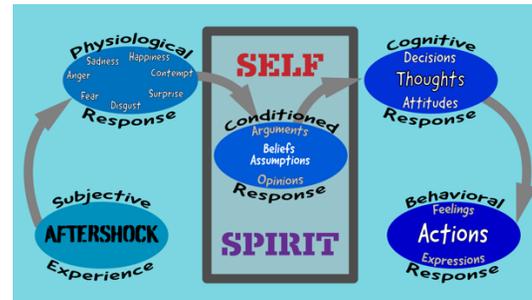
➤ **STRONGHOLDS are those FAULTY beliefs that are garrisoned behind the walls of entrenched ARGUMENTS and OPINIONS**

➤ **These STRONGHOLDS can be DEFEATED!**

2 Corinthians 10:3–4 (ESV) — For though we walk in the flesh, we are not waging war according to the flesh. For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds.

Destroying these strongholds of faulty beliefs is where the Holy Spirit saves us from ourselves...

→ The Emotional Journey – Pic 6 Influencers



In Galatians, the apostle Paul asked the believers a simple question...

Galatians 3:2 (ESV) — Let me ask you only this: Did you receive the Spirit by works of the law or by hearing with faith?

The obvious answer is “hearing with faith”...

The Bible is very clear about our condition apart from Jesus...

Romans 3:23 (ESV) — For all have sinned and fall short of the glory of God

I was reading yesterday in my daily Bible reading and listen to what King David said regarding our condition...

Psalm 51:5 (NLT) — For I was born a sinner— yes, from the moment my mother conceived me.

When we give our life to Jesus, something supernatural happens...

Isaiah 1:18 (NLT) — “Come now, let’s settle this,” says the LORD. “Though your sins are like scarlet, I will make them as white as snow. Though they are red like crimson, I will make them as white as wool.

As I showed earlier...

At your CONVERSION Jesus saved you from your sins

After conversion begins our sanctification where Jesus begins, through the Holy Spirit, to save us from ourselves...

Galatians 3:1–3 (ESV) — O foolish Galatians! Who has bewitched you? It was before your eyes that Jesus Christ was publicly portrayed as crucified. Let me ask you only this: Did you receive the Spirit by works of the law or by hearing with faith? Are you so foolish? Having begun by the Spirit, are you now being perfected by the flesh?

So, what do we do?

We go to battle!!!

2 Corinthians 10:3–5 (ESV) — For though we walk in the flesh, we are not waging war according to the flesh. For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ

We’ve been cleansed, but then we are hit by an AFTERSHOCK...

→ The Emotional Journey – Pic 6 Influencers

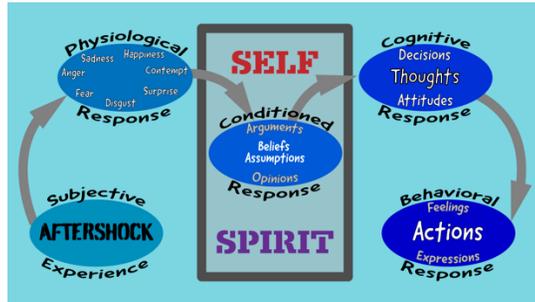


As a result, we begin experiencing feelings and doing things that WE KNOW are not of God...

Romans 7:15–18 (ESV) — For I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree with the law, that it is good. So now it is no longer I who do it, but sin that dwells within me. For I know that nothing good dwells

in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out.

→ *The Emotional Journey – Pic 6 Influencers*



- ***A lady is at home (JANE)...***
- ***Normally her husband (JIMMY) gets home at 5:30, but it's 5:50 and he isn't home...***
- ***Jane texts Jimmy, but he doesn't respond***
- ***All of a sudden Jane begins to feel her heart rate elevate, palms become sweaty, and breathing increase...***
- ***She texts him again, but again no response...***
- ***Suddenly Jane goes into an all out panic, calling Jimmy's friends to find out where he is...***
- ***At 6:10 Jane's phone rings and it's Jimmy...***
- ***Jane picks it up and lights into him...***
- ***"Where are you? ... Why didn't you answer my texts? ... I'm going crazy!!!"***
- ***Jimmy apologizes saying that he had run by Walmart and accidentally left his phone in the car...***
- ***Jane doesn't buy his lame excuse and spends the next few days in excessive anxiety***

- ***When she finally discovers Jimmy was telling her the truth, by going to Walmart and looking at surveillance video she begins to ask herself "WHY?"***
- ***It doesn't take her long to realize why...***
- ***Her first marriage ended in divorce because her first husband left her for the girl he had been having a affair with for over 6 months...***
- ***She thought she was over all that...***
- ***She had forgiven him, rededicated her life to Jesus, and met Jimmy...***
- ***Suddenly, what she thought she was beyond came crashing in and reeking havoc on her current marriage***
- ***She discovered a STRONGHOLD!***

Jane is saved and has been cleansed, but just found an area where SELF was still functioning ...

Jane needs to deal with this stronghold!

2 Corinthians 10:4–5 (ESV) — For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ

This stronghold is keeping Jane from walking in deeper intimacy with Jesus!

1 Peter 5:7 (NLT) — Give all your worries and cares to God, for he cares about you.

- ***A second example is one much too common in the Church today...***
- ***A guy (MICHAEL) loves the Lord...***
- ***He comes to church, reads his Bible, loves his wife and is a good Dad to his kids...***

- ***But MICHAEL as a pornography problem...***

1 John 1:8–9 (NLT) — If we claim we have no sin, we are only fooling ourselves and not living in the truth. But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.

**Overcoming Aftershocks
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Aftershocks can trigger an _____ that sets into _____ attitudes and actions giving us the faulty _____ we will never live in Christ-like _____.

Truth:

At _____ Jesus saved you from _____

In _____ Jesus is saving you from _____

➤ *_____ are _____ against the _____ and _____ to believe the _____.*

➤ *_____ are _____ held with _____ but not substantiated by _____.*

➤ *_____ are those _____ beliefs that are garrisoned behind the walls of entrenched _____ and _____*

➤ *These _____ can be _____!*