

# SELFEE

THE PRICE FOR MISMANAGING EMOTIONS





# GENESIS 3:7-10 KJV

**[7] And the eyes of them both were opened, and they knew that they were naked; and they sewed fig leaves together, and made themselves aprons.**



# **GENESIS 3:7-10 KJV**

**[8] And they heard the voice of the Lord God walking in the garden in the cool of the day: and Adam and his wife hid themselves from the presence of the Lord God amongst the trees of the garden.**



# GENESIS 3:7-10 KJV

**[9] And the Lord God called unto Adam, and said unto him, Where art thou? [10] And he said, I heard thy voice in the garden, and I was afraid, because I was naked; and I hid myself.**



# **NEGATIVE EMOTIONS**

## **1. Cover ourselves**

- Protect our true nature**
- Hide who we really are**



# **NEGATIVE EMOTIONS**

## **2. Hide from God**

- **Replace relationship with self preservation**
- **Provide for ourselves**



# **EMOTIONS I:**

**Feelings on the inside  
caused by pain or pleasure  
to move you in a direction**



# EMOTIONS II:

## Set you into motion.



# PROVERBS 25:28 ESV

**“A man without self-control  
is like a city broken into and  
left without walls.”**

# PROVERBS 16:32

**Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.**



**Emotions are gifts  
that are meant to  
be governed not  
gods.**

# **1. OVERPRICED EMOTION:**

**Overvalued emotions or  
when you're led by feelings  
and not by the Spirit.**



# **OVERPRICED EMOTION:**

- **“If I feel it, I do it”**
- **“Do what feels good”**
- **It didn't feel right**
- **Flee from discomfort by  
any means**

# JOHN 16:13

**When the Spirit of truth comes, HE will guide you into all the truth, for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come.**



# JESUS

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**Mark 1:12**

**The Spirit immediately  
drove him out into the  
wilderness.**

# THE PRICE: DEATH

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**Proverbs 14:12 NKJV**

**There is a way that seems  
right to a man, But its end  
is the way of death.**



## **2. UNDERPRICED EMOTIONS:**

**Undervalued emotions or  
when you deal with the  
fruit and not the root**

# **UNDERPRICED EMOTION:**

- **“I’m good”**
- **“I’ll be alright”**
- **Pride (Over compensating)**
- **Pity emotions**



**HAVING A BAD  
RELATIONSHIP WITH  
OUR EMOTIONS  
AFFECTS OTHER  
RELATIONSHIPS**

# THE PRICE: BONDAGE

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**John 8:32  
and you will know the  
truth, and the truth will  
set you free.”**



# JOHN 14:1 ESV

**“LET not your hearts be troubled. Believe in God; believe also in me.”**

# **PROVERBS 25:28 ESV**

**“A man without self-control is like a city broken into and left without walls.”**



# **WE NEED JESUS & THE HOLY SPIRIT**

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**Romans 7:18 ESV**

**“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.”**

# JESUS

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## Hebrews 4:15 (AMPC)

**For we do not have a High Priest Who is unable to understand and sympathize and have a shared feeling with our weaknesses and infirmities and liability to the assaults of temptation, but One Who has been tempted in every respect as we are, yet without sinning.**



# JESUS

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## Matthew 26:38 AMPC

**“Then He said to them, My soul is very sad and deeply grieved, so that I am almost dying of sorrow. Stay here and keep awake and keep watch with Me.**

# THE FRUIT OF THE HOLY SPIRIT

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**Galatians 5:22-23 ESV**

**“But the fruit of the Spirit is love,  
joy, peace, patience, kindness,  
goodness, faithfulness,  
gentleness, self-control; against  
such things there is no law.”**



# OUR PART:

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## Psalm 139:23-24

**23 Search me, O God, and know my heart: try me, and know my thoughts: 24 And see if there be any wicked way in me, and lead me in the way everlasting.**

# **HOLY SPIRIT SANCTIFIED EMOTIONS PUSH US TOWARD GOD**

**Matthew 26:39 AMPC**

**And going a little farther, He threw Himself upon the ground on His face and prayed saying, My Father, if it is possible, let this cup pass away from Me; nevertheless, not what I will [not what I desire], but as You will and desire.”**



# THE ULTIMATE SELFEE:

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## Genesis 3:8-9 KJV

[8] And they heard the voice of the Lord God walking in the garden in the cool of the day: and Adam and his wife hid themselves from the presence of the Lord God amongst the trees of the garden.

[9] And the Lord God called unto Adam, and said unto him, Where art thou?

# THE PRICE: THE PRESENCE



**IT'S NOT IN YOUR  
FEELINGS IT'S IN YOUR**

- **BELIEVING**
- **FAITH**

# **HEBREWS 10:19-20 MSB**

**19 So, fellow family, what the blood of Jesus communicates, seals our immediate access into this ultimate place of sacred encounter, with unashamed confidence.**



# **HEBREWS 10:19-20 MSB**

**20 This is the official inauguration of a brand new way of life. The torn flesh of Jesus opened the veil for us. Our own flesh can no longer be a valid excuse to interrupt the expression of the life of our design from within our innermost shrine.**