

Gems From Jeremiah

Part III; October 4, 2026

Sing to the LORD! Praise the LORD! For though I was poor and needy, he rescued me from my oppressors. Yet I curse the day I was born! May no one celebrate the day of my birth. I curse the messenger who told my father, “Good news—you have a son!”

– Jeremiah 20:13-15 (NLT)

Facts About Our Emotions:

Our emotions don’t change who _____

Our emotions don’t change how God _____

Our emotions don’t change who _____

Our emotions don’t always reflect _____

Our emotions don’t determine our _____

Our emotions are a _____ from God.

They are a _____ to express life’s experiences.

They are an _____ for internal thoughts and feelings.

_____ them creates dysfunction and unhealth.

Everyone has emotions, though some of us feel them more _____.

Head people and heart people process life differently!

Beware of how the Enemy will use your emotions _____.

He was a murderer from the beginning. He has always hated the truth, because there is no truth in him. **When he lies, it is consistent with his character; for he is a liar and the father of lies.** – John 8:44 (NLT)

He sat down under a solitary broom tree and prayed that he might die. “I have had enough, LORD,” he said. “Take my life, for I am no better than my ancestors who have already died.” – 1 Kings 19:4 (NLT)

Always bring your emotions back to _____.

Sanctify them by the truth; **your word is truth.** – John 17:17 (NIV)

By your words I can see where I’m going; they throw a beam of light on my dark path. – Psalm 119:105 (MSG)