

THE ROAD LESS TRAVELED

(Godly Wisdom – Our Compass at the Crossroads of Life)

Part 13 – Pursuing Positive Emotions

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Isaiah 26:3 (NLT), “You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!”

1. We are _____ beings.

Nehemiah 8:10 (NLT), “The joy of the Lord is your strength.”

John 14:27 (NLT), “I am leaving you with a gift – peace of mind and heart. And the peace I give is a gift the world cannot give. So, don’t be troubled or afraid.”

Psalms 56:8 (NLT), “You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book.”

Psalms 34:18 (NLT), “The Lord is close to the brokenhearted; he rescues those whose spirits are crushed.”

Proverbs 12:25 (NKJV), “Anxiety in the heart of man causes depression, but a good word makes it glad.”

2. Emotions become _____.

Proverbs 15:15 (GWT), “Every day is a terrible day for a miserable person, but a cheerful heart has a continual feast.”

Proverbs 22:24-25 (NLT), “²⁴ Don’t befriend angry people or associate with hot-tempered people, ²⁵ or you will learn to be like them and endanger your soul.”

Ephesians 4:26-27 (NLT), “²⁶ Don’t sin by letting anger control you. Don’t let the sun go down while you are still angry, ²⁷ for anger gives a foothold to the devil.”

Proverbs 15:13 (NIV), “A happy heart makes the face cheerful, but heartache crushes the spirit.”

3. Your feelings determine your _____.

Job 3:24-26 (NLT), “²⁴ I cannot eat for sighing; my groans pour out like water. ²⁵ What I always feared has happened to me. What I dreaded has

come true. ²⁶ I have no peace, no quietness. I have no rest; only trouble comes.”

Proverbs 13:12 (NLT), “Hope deferred makes the heart sick, but a dream fulfilled is a tree of life.”

Proverbs 19:11 (NIV), “A person’s wisdom yields patience; it is to one’s glory to overlook an offense.”

Job 22:21 (NCV), “Obey God and be at peace with Him; this is the way to happiness.”

Psalms 118:24 (NLT), “This is the day the LORD has made. We will rejoice and be glad in it.”

4. Belief changes _____.

Proverbs 17:22 (NLT), “A cheerful heart is good medicine, but a broken spirit saps a person’s strength.”

Psalms 139:23-24 (NIV), “Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me and lead me in the way everlasting.”

Proverbs 12:25 (NKJV), “Anxiety in the heart of man causes depression, but a good word makes it glad.”

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

Psalms 40:1-3 (NLT), “¹ I waited patiently for the LORD to help me, and he turned to me and heard my cry. ² He lifted me out of the pit of despair, out of the mud and the mire. He set my feet on solid ground and steadied me as I walked along. ³ He has given me a new song to sing, a hymn of praise to our God. Many will see what he has done and be amazed. They will put their trust in the LORD.”

Psalms 42:11 (NLT), “Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again, my Savior and my God!”
