



## I. SERIES REVIEW

### A. Song of Solomon 2:15

- **NKJV** “Catch us the foxes, The little foxes that spoil the vines, For our vines *have* tender grapes.”
- **Literal Standard Version** “Seize for us the foxes, Little foxes – DESTROYERS of vineyards, even our sweet-smelling vineyards.”
- **GNT** “Catch the foxes, the little foxes, **before** they ruin our vineyard in bloom.”

B. **Little foxes** – little things have the potential to destroy or hinder your harvest.

C. **Spoil** – to destroy – to corrupt – to ruin – or to withhold

D. **Little foxes have the potential to destroy your harvest or to hinder it, so you never receive the fullness of it.**

E. **Previous sessions:**

1. Little fox of **wrong thinking**
2. Little fox of **condemnation**

## II. THIS SESSION: THE LITTLE FOX OF NEGATIVE EMOTIONS

A. Emotions defined:

1. **Strong feelings deriving from one’s circumstances**

2. **Examples:** *Fear, anger, love, hate, joy, grief, enthusiasm, disappointment, sadness, happiness*

3. **Emotions are directly connected to feelings**

- a. My feelings have the potential to effect how I think and behave.

B. As children of God, we are not to be ruled by our emotions. We are to live (walk) in the Spirit.

1. **Gal 5:25**

- **NKJV** “If we live in the Spirit, let us also walk in the Spirit.”
- **HCSB** “Since we live by the Spirit, we must also follow the Spirit.”
- a. Walking/conducting our lives by the Spirit means we are not ruled over by feelings or emotions that are created by circumstances.

2. Two types of people:
  - a. Those who are ruled by their emotions.
    - If their emotions are good, they are good!
    - If their emotions are negative – they are negative
    - Because their life is ruled by emotions, their life is inconsistent and constantly moved up and down depending on their daily circumstances.
  - b. Those who rule their emotions
    - They experience the same circumstances as others
    - They experience the same potential emotions as others.
    - They refuse for the emotions to rule them, instead, they rule over their emotions by faith!
3. Emotions left unchecked and allowed to rule will inevitably become a little fox that hinders or destroys the harvest of faith.
  - a. Moses' emotions ruled over him and cost him entrance into the promised land.
  - b. **Numbers 20:2-12**  
**NKJV** “Now there was no water for the congregation; so they gathered against Moses and Aaron. And the people contended with Moses and spoke, saying: “If only we had died when our brethren died before the LORD! Why have you brought up the assembly of the LORD into this wilderness, that we and our animals should die here? And why have you made us come up out of Egypt, to bring us to this evil place? It *is* not a place of grain or figs or vines or pomegranates; nor *is* there any water to drink.” So Moses and Aaron went from the presence of the assembly to the door of the tabernacle of meeting, and they fell on their faces. And the glory of the LORD appeared to them. Then the LORD spoke to Moses, saying, “Take the rod; you and your brother Aaron gather the congregation together. Speak to the rock before their eyes, and it will yield its water; thus you shall bring water for them out of the rock, and give drink to the congregation and their animals.” So Moses took the rod from before the LORD as He commanded him. And Moses and Aaron gathered the assembly together before the rock; and he said to them, “**Hear now, you rebels! Must we bring water for you**

**out of this rock?”** Then Moses lifted his hand and struck the rock twice with his rod; and water came out abundantly, and the congregation and their animals drank. Then the LORD spoke to Moses and Aaron, “Because you did not believe Me, to hallow Me in the eyes of the children of Israel, therefore you shall not bring this assembly into the land.”

**NOTE:** *Moses allowed the emotional voices of the people to stir his own negative emotions. When he allowed his negative emotions to rule his words and actions, the cost was great.*

- c. Uncontrolled emotions indicate lack in the fruit of the Spirit’s activity in our life.
  - **Gal 5:22-23**  
**NKJV** “But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.”
- d. Self-Control:
  - Temperance (KJV)
  - The virtue of one who masters his desires and passions
  - Having power over
  - Mastering or controlling
  - Curbing or restraining
- e. Emotions and Faith
  - Emotions will choke your faith harvest
  - Emotions associated with fear/worry
  - Emotions associated with negative reports
  - Emotions associated with negative people
- f. The remedy: stay in the realm of the Spirit vs. the realm of emotions.
  - Keep your spirit strong in the Word
  - Keep your spirit strong through prayer
  - Keep your emotions in check with your spirit
  - Be quick to correct negative emotions.
  - Keep your words and actions connected to the Spirit vs. emotions of the flesh