

I. Review

A. Session 1 – Everyone Needs a Reset

1. **Reset Definition** – A series of actions to restore back to order. To make necessary adjustments. To restore back to initial or proper position.
2. **There are times in my life that I need a reset.**
3. **Isaiah 54:11-14 (GWT)** – ¹¹*You suffering, comfortless, storm-ravaged city! I will rebuild your city with precious stones. I will reset your foundations with sapphires. ¹²I will rebuild your towers with rubies, your gates with sparkling stones, and all your walls with precious stones.” ¹³All your children will be taught by the LORD, and your children will have unlimited peace. ¹⁴You will be established in righteousness. You will be far from oppression, so you will not be afraid. You will be far from destruction, so it won’t come near you*

B. Previous Sessions

1. **Session 2 – Reset Your Attention**
2. **Session 3 – Reset Your Priorities**

II. Reset Your Emotions

A. Emotions Definition

1. Strong feelings deriving from one’s circumstances or relationship with others.
2. Examples – Fear, anger, love, hate, joy, grief, enthusiasm, envy, disappointment, disgust, happiness, sadness
3. **Complex feelings that result in thoughts and behaviors**
 - a. How I feel to day effects how I think.

- b. My feelings today determine my behavior.
- c. The issue with this: Feelings change.
- d. Emotions are connected to feelings – things that change depending on what is happening around me.
- e. If I am ruled by my emotions – or if my emotions are out of control – my life will be out of control

B. The affect of emotions in our lives.

- 1. A large majority of studies have shown that negative emotions weaken the body, while positive emotions make us stronger, and prevent us from acquiring illness and disease.**
- 2. Because of a direct connection to the body, your emotions can affect you both mentally and physically.**
- 3. Different emotions effect your body in different ways.**
 - a. Love – racing heartbeat – sweaty palms
 - b. Anxiety and anger – change in hormonal levels – headaches – insomnia, digestive disorders, etc.
 - c. Depression – weakens your immune system
 - d. Fear – The blood drains from your face – pale
 - e. Shame – leads to the overproduction of cortisol – the primary stress hormone.
 - f. **Proverbs 14:30 (NKJV)** – *A sound heart is life to the body, but envy is rottenness to the bones.*

Proverbs 14:30 (AMP) – *A calm and peaceful and tranquil heart is life and health to the body, but passion and envy are like rottenness to the bones*

- 4. Other effects of emotions**
 - a. Communication
 - b. Decision making
 - c. Memory
 - d. Problem solving
 - e. Attention

f. Learning

C. Many people are ruled by their emotions.

1. Their entire course of their life is determined by their emotions (Feelings).

- a. The choices they make.
- b. The actions they take.
- c. The perceptions of people and things.

2. The MOOD connection

- a. Mood definition = a temporary state of mind or feeling
Bad mood – Good Mood
I'm just in a bad mood – (Ruled by emotions)
- b. Google search discovered 75 different moods
120 Words to describe moods
150 emotions, feelings and moods
183 specific emotions
- c. Emotions may be intense but short lived.
Moods may be milder but long lasting.
- d. Emojis – More than 3,000 to choose from!

3. Everyone must learn to deal with emotions!

God created us with the ability to experience emotions. – GOOD
He did not create us to be controlled by our emotions.

4. Everyone will experience times when they need an “Emotion Reset”. *We need to change the emojis.*

- a. I get to choose my emoji.
- b. I can change it if I want!

D. God’s people are not to be ruled by emotions!

1. **Proverbs 16:32 (NKJV)** – *He who is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.*

2. **2 Peter 1:5-8 (NKJV)** – *⁵But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, ⁶to knowledge self-control, to self-control perseverance, to perseverance godliness, ⁷to godliness brotherly kindness, and to brotherly kindness love. ⁸For if these things are yours and abound, you will be neither barren nor unfruitful in the knowledge of our Lord Jesus Christ.*
 - a. Why self-control? Because self will try to get out of control.
 - b. **Proverbs 25:28 (ESV)** – *A man without self-control is like a city broken into and left without walls.*
3. **Colossians 3:8 (NKJV)** – *But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth.*
4. **As long as we are in this body, we will deal with emotions/feelings, but as God’s children, we are not to allow these emotions/feelings to rule over us.**

The potential is here, but I don’t have to yield to its control.

E. People who were ruled by emotions

1. Cain – The first murder.
2. Moses – struck the rock when He was commanded to speak to it.
3. David – committed adultery and murder.
4. Adam and Eve – the desire for something God had forbidden.
5. Samson – Couldn’t control the desires of his flesh.
6. Peter – cut off a soldier’s ear and was always too quick to speak/act

F. The danger of allowing your emotions to rule your life.

1. Relationships are ruined.

2. Career opportunities are limited.
3. Health is affected.
4. Life isn't fulfilled.
5. **Everything is touched by our emotions – good or bad.**
6. **The longer we allow our emotions to rule our life, the stronger they become working against us. STRONGHOLDS**
 - a. What some people thought was a devil is simply a stronghold.
 - b. A stronghold that has been established in their own emotions.
 - c. Anger uncontrolled becomes a stronghold.
 - d. Sadness uncontrolled becomes depression.
 - e. Unforgiveness uncontrolled becomes bitterness.
 - f. Moods uncontrolled becomes a personality.
 - g. Be careful about giving yourself to certain emotions.
Its one thing to experience bad moods from time to time but it is another thing to allow that mood to become your dominate behavior.
 - h. Be careful about laying claim to certain moods
This is just how I am – this is just how our family is.

III. Resetting Your Emotions

A. We have been given the necessary tools to pull down strongholds.

1. **2 Corinthians 10:4 (NKJV)** – *For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds*
2. **Ephesians 6:11 (GWT)** – *Put on all the armor that God supplies. In this way you can take a stand against the devil's strategies*

B. It's not God's will for our emotions to dominate our lives.

1. **We are to be led by His Spirit.**

2. We have been given the Holy Spirit living within.

1 Corinthians 6:19 (NKJV) – *Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?*

3. Paul had to keep his body/emotions under control daily.

a. **1 Corinthians 9:27 (NKJV)** – *But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.*

1 Corinthians 9:27 (Holman) – *I discipline my body and bring it under strict control*

b. If Paul kept his body under strict control, he must have also kept his emotions under strict control. The emotions are connected to the physical senses.

C. Keys to resetting the emotions

1. Understand, it is God's will for your emotions to be aligned with Him
– *The fruit of the Spirit.*
2. Refuse to believe that you are bound to live with negative emotions.
– *They will rule your life.*
3. Believe that it is possible to be transformed in your emotions.
With God all things are possible.
Be transformed by the renewing of your mind.
4. Pray daily, asking the Lord for His help in your emotions.
Jesus' prayer example – deliver us from evil.
5. Use your weapon of the Word of God to drive out damaging emotions from your life.