

## 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)** – <sup>11</sup>*You suffering, comfortless, storm-ravaged city! I will rebuild your city with precious stones. I will reset your foundations with sapphires. <sup>12</sup>I will rebuild your towers with rubies, your gates with sparkling stones, and all your walls with precious stones.” <sup>13</sup>All your children will be taught by the LORD, and your children will have unlimited peace. <sup>14</sup>You 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)** – *<sup>5</sup>But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, <sup>6</sup>to knowledge self-control, to self-control perseverance, to perseverance godliness, <sup>7</sup>to godliness brotherly kindness, and to brotherly kindness love. <sup>8</sup>For 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.