

I. **RESET YOUR EMOTIONS**

A. **Emotions Defined:**

1. Emotions are strong feelings connected with one's circumstances or relationships. (See *Reset*, Pg. 39)
2. Emotions are feelings that arise in response to something happening inside or around us, and they influence how we think and act.
3. Emotions are triggered.
  - a. Something you see.
  - b. Something you hear (*specifically words spoken by others*).
4. Some basic types of emotions:
  - a. Fear
  - b. Happiness
  - c. Sadness
  - d. Anger
  - e. Disgust

B. **God gave us the ability to experience emotions.**

1. Imagine life without any emotion.

*There are many psychological conditions where people cannot process healthy emotions:*

- **Not feeling any emotions at all:** *Rarely exists but is a real condition.*
- **Feeling limited emotions:** *These people feel emotions, but very weakly.*
- **Not recognizing emotions:** *They feel emotions but can't identify or describe them.*
- **Numb to emotions:** *Emotional numbness; feeling detached from oneself.*

**PASTOR'S NOTE:** *God created us to experience healthy emotions! Emotions were created as part of God's design for us. However, they were created to be healthy and good!*

2. Jesus experienced emotions:
  - a. **He was loving:** *His love for people was demonstrated as He was moved with compassion on several occasions.*
  - b. **He experienced anger:** *When He drove the money changers from the temple.*
  - c. **He experienced sadness:** *When Lazarus died.*
  - d. A life of healthy emotions is His plan for us.

**C. The dangers of dealing with unhealthy emotions:**

**1. Proverbs 14:30**

**NKJV** “A sound heart *is* life to the body, but envy *is* rottenness to the bones.”

**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.”

**LAMSA BIBLE** “He who cools down his anger is a healer of his own heart; but wrath is the rottenness of the bones.”

**Brenton Septuagint Translation** “A meek-spirited man is a healer of the heart: but a sensitive heart is a corruption of the bones.”

**PASTOR'S NOTE:** *Be watchful of a sensitive heart. A person with a sensitive heart feels emotions deeply and is strongly affected by them. Such a person can be easily moved within the emotional realm. However, we must be careful not to let our emotions govern us. Instead, we should allow ourselves to be guided and directed by the Spirit.*

**2. The emotion of fear:**

**a. Emotion or Spirit?**

- *From a natural perspective, fear is an emotion. But from scripture, it is identified as a spirit.*
- **2 Timothy 1:7 NKJV** “For God has not given us a spirit of fear, but of power and of love and of a sound mind.”

**PASTOR'S NOTE:** *Unchecked emotions often are an open door to the spirit world. Unchecked emotions of fear and worry may open the door for a spirit of fear to oppress the person.*

*Any unchecked emotion can be an entry point for evil spirits to work. Every negative emotion is not a demon! However, there are times when emotions are out of control that demonic forces are the controlling influence behind them. These unchecked emotions become demonic strongholds used by the enemy to take advantage of the person.*

*If you have a specific emotion that seems to be uncontrollable, deal with it quickly, refusing to allow it to gain strength over your actions.*

**D. We are not to be ruled by emotions!**

*Although we are created to feel and experience emotions, they are never to be in the driver's seat of our life.*

**1. Signs that emotions are in the driver's seat:**

- a. You make hasty decisions based upon temporary feelings.
  - It is best to always PAUSE when making big decisions.
  - God does not pressure us to move hastily—He leads us.
- b. You have quick and intense reactions to certain triggers.
  - Unable to demonstrate the fruit of self-control.
- c. Decisions shift when the mood changes.
  - You seem to be extremely decisive about a particular decision, but when the feelings shift your action is easily changed.

**PASTOR'S NOTE:** *We must be guarded about making decision based on emotional decisions.*

- *Emotions and feelings will change.*
  - *Decisions made by the leading of the Lord in our spirit will remain stable regardless of feelings or emotions.*
- d. Difficulty letting go of past internal injuries, especially hurt and betrayal.
    - A person ruled by emotions will replay the mind loop of past hurts repeatedly in their mind.
    - This keeps hurtful emotions control vs. allowing healing and inner peace to occur.
- 2. Scriptural examples of those who allowed negative emotions direct their actions (these examples are also located on Page 47 of "RESET"):**
- a. Cain yielded to his emotions and murdered Abel.
  - b. Moses yielded to uncontrollable anger and struck the rock twice, forfeiting his entrance into the promised land.
  - c. David failed to control his physical emotions and committed adultery and murder.
  - d. Samson was never able to control his emotions.
  - e. Peter, in a moment of rage, lost his temper and cut off a soldier's ear.

3. We are to develop the ability to rule our emotions.

• **2 Peter 1:5-8**

**NKJV** “But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness, and to brotherly kindness love. For if these things are yours and abound, *you* will be neither barren nor unfruitful in the knowledge of our Lord Jesus Christ.”

**MSG** “So don’t lose a minute in building on what you’ve been given, complementing your basic faith with good character, spiritual understanding, alert discipline, passionate patience, reverent wonder, warm friendliness, and generous love, each dimension fitting into and developing the others. With these qualities active and growing in your lives, no grass will grow under your feet, no day will pass without its reward as you mature in your experience of our Master Jesus. Without these qualities you can’t see what’s right before you, oblivious that your old sinful life has been wiped off the books.”

**E. Resetting Your Emotions**

*Everyone will deal with the need to reset their emotions. Because we are in a body of flesh, the potential is always present for our emotions to attempt to rise to the seat of control. God has given us every tool needed to exercise control over our emotions, bringing them into healthy alignment with His way of doing things.*

**1. 2 Corinthians 10:4-5 (Pulling down strongholds)**

**NKJV** “For the weapons of our warfare *are* not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ...”

- a. **“Stronghold” Defined:** A place of access and control in which Satan gains dominance. (See Page 48 of “RESET”)
- b. A stronghold is fortified place—a safe base of operations.
- c. When Satan is allowed to establish a stronghold in a person’s life, he believes he has secured a point of control—something he can continually rely on in his strategy against them.
- d. This is why Satan uses the same strategies again and again in a person’s life.

**PASTOR’S NOTE:** *We have been given the weapons needed to PULL DOWN strongholds. “Pull down”: to demolish or destroy. (See Pg. 49 “RESET”)*

2. How do I pull down these emotional strongholds?
  - a. Recognize the emotions that have become a stronghold of the enemy.
    - Recognition is not a negative act. It is a step forward in dealing with the issue.
  - b. Pray about it!
    - Talk to God about whatever emotions seem to be uncontrollable in your life.
    - Don't spend your energy telling God how impossible these struggles feel. Instead, ask Him to reveal His strategy for victory and to supply the strength you need to overcome.
  - c. Renew your mind.
    - **2 Corinthians 10:5**  
**NKJV** "...casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ..."  
  
**NLT** "We capture every rebellious thought and teach them to obey Christ."  
  
**MSG** "We use our powerful God-tools for smashing warped philosophies, tearing down barriers erected against the truth of God, fitting every loose thought and emotion and impulse into the structure of life shaped by Christ. Our tools are ready at hand for clearing the ground of every obstruction and building lives of obedience into maturity."
      - Emotions are strongly connected to our thoughts.
      - Win the victory in the mind, and you will reset the emotions.
      - Take every thought captive.

## II. CONCLUSION

*Emotion resets require our cooperation. However, the good news is that God did not leave us to navigate the reset process alone. He always gives us the help we need to achieve the victory over our enemies. He has given us the Holy Spirit as our great assistant to help us in our time of need. In addition, He has given us His Word, which is the Sword of the Spirit, to use against every enemy. Keep your emotions in check. Refuse to allow feelings to dominate your life. Take your thoughts captive using the tools God has provided and allow the Holy Spirit to reset your emotions. (See Pg. 50 of "RESET")*