



SESSION 3

*Emotional  
Strength*





# Proverbs 14:1

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The *wise woman* builds  
her *house*,  
But the *foolish* tears it down  
with her *own hands*.

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PEACE





# SHALOM

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means

*wholeness, restoration, healing,  
soundness...*

*well being, good relationships...*

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Peace is not found in  
what's happening *around you...*



It's found in  
*Who* is ruling  
within *you.*





Ephesians 2:14

says...

*He Himself* is our *peace...*





This kind of peace...  
*doesn't come from control.*  
It comes from *surrender.*





# Colossians 3:15

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‘Let the *peace* of God  
*rule* in your hearts...’





# Rule

means to act as an *umpire...*  
to *govern.*

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It *decides...*  
what *stays...* and what *goes.*

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# Proverbs 14:29

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He who is *slow* to wrath  
has great understanding,

but he who is *impulsive*  
exalts *folly*.






... What *rules*  
your *atmosphere*?

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Is it *shalom*...  
or is it *emotion*?

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... *A wise* woman  
doesn't wait for peace  
to show up...

*“She carries it.”*



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# Ephesians 2

tells us that *before* Christ...

- We were *separated*
- We were *distant* from God
- There was *division... brokenness... hostility*





But through *Jesus*...

That *separation* was removed.



That *distance* was closed.



That *brokenness* began to be *restored*.





Your *peace* is  
not coming from  
what's *happening*...



It's coming from  
*Who* you are  
*connected to.*






let *His* presence...




- *steady* your mind
- *anchor* your heart
- *guide* your responses





Live from the  
*peace* that is  
already *yours*  
in Christ.





A wise woman  
builds her house  
in *peace*...



because she builds  
her *life* on the One  
who is *peace*.







Proverbs 18:21

*reminds us...*




‘*Death* and *life* are  
in the power  
of the *tongue...*’







*Words* don't just  
impact the *moment*...



They *shape* identity...  
they *set* atmosphere...  
and they leave a  
*lasting* imprint.





“*Words* are not  
just *sounds*...  
They are *seeds*.”

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And whatever you *plant*...  
you will eventually see *grow*.

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So if you *plant*:

- criticism... you grow *insecurity*
- harshness... you grow *distance*
- negativity... you grow *heaviness*




But if you *plant*:

- truth... you grow *stability*
  - encouragement... you grow *confidence*
  - life... you grow *peace*
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- 
- A *wise* woman understands:




What she consistently *sows*  
into her home, relationships,  
and conversations...  
eventually becomes the  
*atmosphere everyone* lives in.







Proverbs 15:1 says:

—  —


‘A *soft answer* turns  
away wrath,  
but a *harsh word*  
stirs up anger.’

—  —








James 3:17 says:

—  —


‘ The *wisdom* from above  
is *pure... peaceable...*  
*gentle...* willing to *yield...*  
full of *mercy...* ’


—  —








A *wise* woman  
doesn't suppress truth...  
she delivers it  
with *wisdom*.





Jesus said in  
Matthew 12:34...



—  —  
Out of the *abundance*  
of the *heart*  
the *mouth* speaks.  
—  —



# Emotional Strength





1.  
Emotional Strength  
Begins in the Mind

Emotional strength doesn't start  
with your *feelings*...  
It starts with your *thinking*.





Romans 12:2 says:



Be *transformed*  
by the renewing  
of your *mind*...







## 2. Emotional Strength is the Fruit of the Spirit

Galatians 5:22–23 tells us:



The fruit of the Spirit is  
*love, joy, peace, long suffering,  
kindness, goodness, faithfulness,  
gentleness and self-control.*





Emotional strength  
is not you trying harder...



It is you *yielding*  
*more* to the Holy Spirit.







### 3. Emotional Strength Shows Up in Response Time



Proverbs 14:29 says:

He who is slow to wrath  
has great understanding...






## 4. Emotional Strength Builds Stability



James 1:19–20 says:

*“Let every man be swift to hear,  
slow to speak, slow to wrath...”*







5. Emotional Strength  
is Anchored in God,  
Not Circumstances



Isaiah 26:3 says:

*You will keep him in perfect peace,  
whose mind is stayed on You...*







6. Emotional Strength  
Requires Taking  
Thoughts Captive



2 Corinthians 10:5 says:

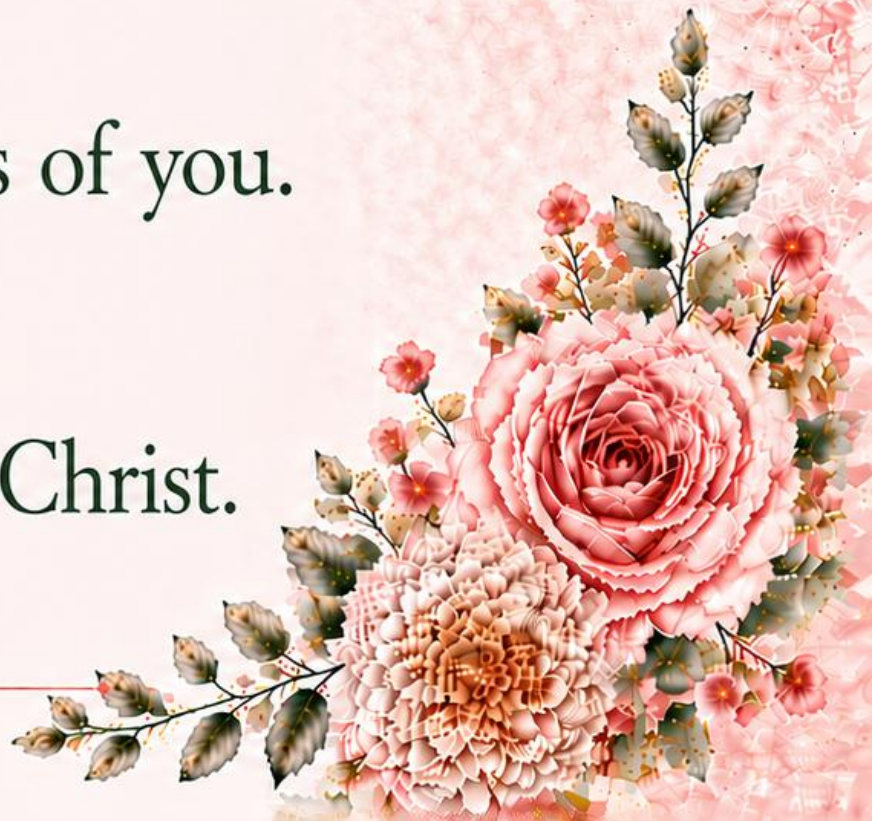

Bringing every thought into  
captivity to the obedience of Christ






This verse teaches  
three things:




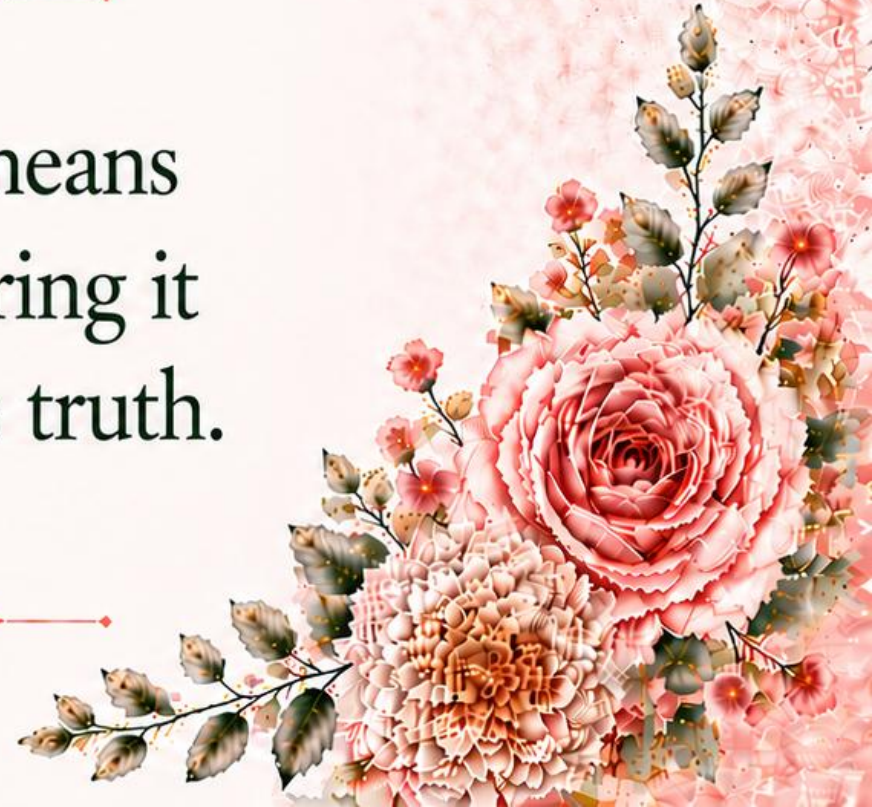
1. Thoughts are not the boss of you.
  2. You can capture them.
  3. You can make them obey Christ.
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# WHAT DOES IT MEAN TO TAKE A THOUGHT CAPTIVE?



To take a thought captive means  
to stop it, examine it, and bring it  
under the authority of God's truth.





# 3 C's



Catch it.

Confront it.

Correct it.





# Phil 4:8 *tells us ...*

Finally, brethren, whatever things are true,  
whatever things are noble, whatever things are just,  
whatever things are pure, whatever things are lovely,  
whatever things are of good report, if there is any  
virtue and if there is anything praiseworthy

*- meditate on these things.*



# THE 4:8 PRINCIPLE

— A SIMPLE GUIDE TO A HEALTHY MIND —



**4**

## FOCUS ON FOUR

Spend intentional time each day thinking about what is:  
**True, Noble, Right, Pure**  
(Philippians 4:8)

**8**

## REJECT THE OTHER EIGHT

Actively refuse to dwell on what is:  
**False, Ugly, Wrong, Impure,  
Unlovely, Unjust, Unkind, Unworthy**  
(The opposite of Philippians 4:8)



You can't always control what comes to your mind,  
but you can control what you focus on and what you allow to stay.  
**FILL YOUR MIND WITH TRUTH. FILTER OUT THE REST.**





Romans 8:1 says:

*“There is therefore now  
no condemnation to those  
who are in Christ Jesus...”*

The enemy **condemns**.  
The Holy Spirit **convicts and restores**.



The lie  
*“I’m failing as a Christian”*

Replace the lie with Scripture:

- I am still being transformed.

**Philippians 1:6**

*“He who has begun a good work in you will complete it”*

You are not finished.  
God is still working in you.



God's grace is  
*sufficient for me.*

2 Corinthians 12:9

*“My grace is sufficient for you,  
for My strength is made perfect in weakness.”*

Weakness does not disqualify you.  
It becomes a place where  
**God's strength** is displayed.




When I fall,  
*I can get back up.*



❖ Proverbs 24:16 ❖

*“For a righteous man may fall seven times  
and rise again...”*



Righteous women are not women  
who never stumble.  
They are women who keep returning to God.





My identity is  
*not rooted in perfection.*

Ephesians 2:10

*“For we are His workmanship...”*

You are **God’s workmanship** —  
not a failed project.



Jesus is my  
*righteousness.*

2 Corinthians 5:21

Your standing with God  
is not built on  
*flawless performance.*

It is built on **Christ.**



When a  
negative thought  
repeats,  
*don't replay it —  
replace it.*






Taking thoughts  
captive is not a  
one time event —  
*It's a daily practice.*



# She builds her house by:



- Renewing her mind with truth
  - Yielding to the Spirit
  - Slowing her reactions
  - Anchoring herself in God
  - Taking her thoughts captive
- 

# A wise woman?



She builds intentionally.



She lets peace rule her heart.

She chooses words that give life.

She anchors her emotions in truth.





# Ask the Lord...



- Where do I need peace to rule?
  - Where do my words need to change?
  - Where do I need to grow stronger emotionally?
- 