

# YEILD OR RESIST

## Don't Be Emotional, Be Tactical

### I. Ephesians 4:26-Being overly emotional makes you extremely vulnerable

A. It didn't say don't have the emotion or don't feel that way, it said don't let the emotion or the feeling cause you do something, say something that is crosswise to what God would have you to do or say

1. You are going to have all kinds of feelings and emotions that are all over the map in your life, having the feeling is not the problem, it's being moved by feeling that's the problem

a. Angry-Exasperated, excitement of mind, violent passion, agitation of soul, any violent emotion especially anger

2. TPT-Don't let the passion of your emotions lead you to sin

B. Sin lets the enemy in

1. Sin-Error, miss mark – Ps33:4-The Word of The Lord is right; Ps145:17-The Lord is righteous (right) – To sin is to talk, think, act in opposition of the mark, of what is right

2. Sin is yielding to the wrong one and Sin is dangerous because of who it lets in, because of who it gives place to

C. Satan will try to play on your emotions and get you sin, to yield to him and let him in

1. One of the main ways people are yielding to him is by allowing their emotions to govern them

2. A big part of resisting him is not allowing feelings that you have to cause you to yield to him

D. Don't be emotional in sense of don't be governed by your emotions

### II. 1 Peter 5:8-We've been commanded to be sober and the stronger your are spiritually the more you will control your emotions, rather than being controlled by them

A. We are commanded to be sober (Calm, collected, cool, unmoved by feelings, dispassionate, temperate)

1. This command to be sober is connected to the enemy looking for place in your life; Why? Because if you get emotional and lose your calm you're going to yield to him and give him place

2. Be sober and resist rather than being overly emotional and yielding

B. When you're in an emotional state you do things, you say things unaware of the consequences and you let the enemy in

1. Sober-Aware of the consequences of a measure

C. The stronger you are spiritually the less you are moved emotionally

1. If you freak out, fret, get upset, fly off the handle, are easily discouraged or angered it shows weakness

a. You're not weak for having the emotion, you're weak because you gave into it

2. Romans 8:14-Sons of God, matured ones, developed ones are led by the spirit of God

D. We're talking about self-control; The ability to control yourself and not be controlled by your emotions

1. Temperance-Self control, virtue of one who masters his desires and passions, strong in a thing (masterful), having power over, controlling, curbing, restraining – It's the ability to feel one way, but not go that way

2. Galatians 5:23-Temperance is a fruit of the spirit so you have it, but if you don't exercise it, it doesn't develop

3. It's ability to control yourself, to resist the enemy and yield to God no matter how you feel

### III. Don't be emotional, be tactical

A. When the intensity of emotion hits you you'll be tempted to say and do a lot of things

1. In every situation there are things you can do/say that will get you closer to your answer or push you further away

2. So often when you get emotional we do things, we say things that push further away from where we want to be

3. Matthew 6:27-There are things you can do that won't do anything to help you situation, get you any closer to a solution, get you any closer to your answer-TPT-Which one of you by worrying could add anything to your life?

a. They have needs and Jesus said that worry won't get you any closer to getting your needs met

B. Be tactical-What do I need to do, to get me closer to my answer?

1. Tactical-Actions carefully planned to gain a specific military end; Calculated, strategic, skillful; A plan or procedure for promoting a desired end or result
  - a. There's a destination you want to reach, there's a solution you want to come to and the things you do, the words you speak can either get you closer to it or push you further away from it
2. Here's what's happening? What do I need to do to get me closer to my answer? Feelings don't matter
  - a. What I don't need to do is get emotional and yield to the one who is against me
3. Mk5:36-TPT - "Don't yield to fear. All you need to do is keep on believing."
  - a. Jairus' emotions must have been going haywire, but being emotional and yielding to fear would be yielding to the enemy, giving him place and get Jairus no closer to his answer – Staying in faith would

C. In times of great pressure where your emotions are all over the place you got to train yourself to go flat line

1. Dan3:28-Yielding to fear, getting upset, being emotional will get you killed – What do I have to do to win?
  - a. They were delivered because they trusted, they didn't get emotional, they were tactical
2. EX: We recently got a phone call on the way to church about someone we knew and someone had did something to them. I stopped and I could sense my feelings going haywire. The Lord helped to almost see what was happening to me in slow motion. I could sense the reality of these emotions and what they were trying to do. They were trying to get to me to do something, to say something that would not help the situation and progress it towards a solution, but instead would hurt it and get it further away from the solution.

IV. The emotions you have are real, but you have to recognize that they don't have to govern you

A. One of the greatest struggles Jesus faced was the struggle to not yield to his emotions – Jesus was not emotional

1. Matthew 26:38-Satan wants to play on these emotions and move him do something crosswise to God
  - a. Soul-Seat of feelings, desires, affections; Sorrowful-Intensely sad, grieved all-around
2. Heb12:4-The resisting was the refusal to let these emotions govern him and cause him yield to the enemy
  - a. Luke 22:42-44-Agony-Struggle, anguish, agony, severe mental struggles and emotions

B. Heb2:18-You stand up against emotions and not be moved by them and yield to the enemy

1. The one who did it perfectly will help you; You can feel sad and rejoice, feel like doing something and do it, trust when you don't feel it, continue you when you feel like quitting; You can feel a certain way and not act that way

C. Acts 20:22-24-Paul was not emotional, not moved by how he felt, he's yielding to God in spite of his feelings

1. Knowing bonds and afflictions were awaiting him must have given him some kind of feelings