

## MY FEELINGS DON'T MOVE ME-What You Do When You Experience Negative Emotions-Wed-9-15-2021

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- **It's not a sin to feel bad or have a negative emotion-*Eph4:26-Be angry and sin not***
  - You can feel angry and not sin, so feeling angry must not be a sin
  - Don't feel bad for feeling bad-Don't feel bad for feeling afraid, discouraged, worried
- **Having a negative emotion is not the problem, yielding to it is the problem**
  - You can't control the feelings that come to you-Negative thoughts and feelings come from the enemy
  - You are in total control of the feelings that you yield-A feeling can come to you and you can yield to that feeling, act on that feeling and allow it to move you in a direction that opposes the Word
  - It's not the feeling, it's the yielding that is the problem
  - Just because you have a feeling doesn't mean you have to yield to it-*Ps42:11-VO-Why am I so overwrought? Why am I so disturbed? Why can't I just hope in God? Despite all my emotions, I will believe and praise the One who saves me*
- **Any emotion that tries to push in a direction that opposes the Word of God is to be resisted**
  - We resist discouragement, anxiety, fear-*Ph4:4-Rejoice always and again I say rejoice; Ph4:6-Be anxious for nothing; Ph1:28-In nothing be terrified by your adversaries*
  - You can resist negative emotions and not yield-He felt greatly distressed and wept, but he didn't just wallow in it-*1Sm30:4-David was greatly distressed...but David encouraged himself in the Lord*
  - Resist means to oppose, set against-Push back against what is pushing against you with words and actions, not yielding to it
  - You resist wrong feelings by acting and speaking in opposition to them-*Ps42:11,Ps56:3-What time I am afraid I will trust*
  - Resist the devil and anything he brings to you-*Js4:7-Resist the devil and he will flee from you*
  - You're not going to get rid of something that you're yielding to-David didn't get rid of it until he resisted it-*1Sm30:4-Lifted up their voice and wept, until they had no more power to weep...6 David was greatly distressed...but David encouraged himself in the Lord*