

February 1, 2015

I MUST DEAL WITH MY EMOTIONS: EMOTIONAL HEALTH

1 Samuel 18:1-16; 1 Kings 19:1-18

The need to understand my emotions. 1 Sam. 18:6-8, 12-16; 1 Kin. 18:3-16

- Understand that **Christ** had emotions. Luke 19:41; John 11:35; Matt. 9:35-38; 27:46
- Understand that He has given us the **ability** to have emotions. Gen. 1:26; 1 Sam. 18:6, 12, 16; 1 Kin. 19:3-10
- Understand there are extremes to **avoid** in our emotions. 1 Sam. 18: 6, 8, 12-16; 1 Kin. 19:3-10
- Understand God has given us **Psalms** which are filled with emotion.

The need for me to learn how to manage my emotions. 1 Sam. 18:7-16; 1 Kin. 19:1-10

- Understand my **feelings** are not often reliable. Prov. 14:12; 1 Sam. 18:7-16; 1 Kin. 19:10-18; Matt. 27:19-23, 19:27
- Understand that my emotions **can** be manipulated. Prov. 25:28; 1 Kin. 19:10, 15; 1 Sam. 8:6-16; Matt. 14:22-26; 27:19-23; 26:56
- Understand that I want to **please** God. Rom. 8:6-8; Matt. 6:16-34; Phil. 4:6-9; Matt. 26:36-46
- Understand that I **want** to be successful in life. Ps. 55:2; 1 Pet. 4:2; 1 Sam. 18:6-16; 1 Kin. 11:1-13

I need to know how to manage unwanted feelings. 1 Sam. 18:7-16; 1 Kin. 19:1-10

- Call your emotions by their **names**. 1 Kin. 19:1-3; 1 Sam. 18:5-9; Gen. 3:8-13
- Challenge **what** you are feeling. Ps. 26:2; 139:23-24; 1 Kin. 19:4, 9-10; Job 15:12; Matt. 26:31-35; 1 Sam. 20:30-34
- Change your emotions by **taming** them. Phil. 2:3-5; Luke 23:34; Rom. 8:6; Eph. 5:18; Gal. 5:22-23; Prov. 13:3, 16:32; 18:7, 13, 21; 21:23; Ps. 19:14; 119:11; Eph. 5:26; Matt. 21:12

- Understand God has given us **Psalms** which are filled with emotion.

Loneliness: “I am *lonely* and afflicted” (Psalm 25:16).

Love: “I *love* you, O Lord, my strength” (Psalm 18:1).

Awe: “Let all the inhabitants of the world stand in *awe* of him” (Psalm 33:8).

Sorrow: “My life is spent with *sorrow*” (Psalm 31:10).

Regret: “I am *sorry* for my sin” (Psalm 38:18).

Contrition: “A broken and *contrite* heart, O God, you will not despise” (Psalm 51:17).

Discouragement and turmoil: “Why are you *cast down*, O my soul, and why are you *in turmoil* within me” (Psalm 42:5)?

Shame: “*Shame* has covered my face” (Psalm 44:15).

Exultation: “In your salvation how greatly he *exults*” (Psalm 21:1).

Marveling: “This is the Lord’s doing; it is *marvelous* in our eyes” (Psalm 118:23).

Delight: “His *delight* is in the law of the Lord” (Psalm 1:2).

Joy: “You have put more *joy* in my heart than they have when their grain and wine abound” (Psalm 4:7).

Gladness: “I will be *glad* and exult in you” (Psalm 9:2).

Fear: “Serve the Lord with *fear*” (Psalm 2:11).

Anger: “Be *angry*, and do not sin” (Psalm 4:4).

Peace: “In *peace* I will both lie down and sleep” (Psalm 4:8).

Grief: “My eye wastes away because of *grief*” (Psalm 6:7).

Desire: “O Lord, you hear the *desire* of the afflicted” (Psalm 10:17).

Hope: “Let your steadfast love, O Lord, be upon us, even as we *hope* in you” (Psalm 33:22).

Brokenheartedness: “The Lord is near to the *brokenhearted* and saves the crushed in spirit” (Psalm 34:18).

What the Psalms Do John Piper www.desiringgod.org