

Session 3: Identity and our emotions

Proverbs 23:7 "For as he thinks in his heart, so is he..."

Walking in truth isn't denying your feelings, it is just denying your feelings the right to have authority over your words and actions.

What are the commands?

John 14:1

Troubled = distressed, agitated, worried

John 14:27

John 16:33

James 1:19

Philippians 4:6-8

2 Corinthians 10:4-5

Proverbs 29:11 "A fool vents all his feelings, but a wise man holds them back."

Why is important?

As our soul prospers, the rest of us can prosper

3 John 1:2

"Just as" - according to, only as much as

The soul is a magnifier. Whatever you set the focus of your soul on will eventually totally consume your entire being.

Numbers 21:4

Numbers 21:7-9

John 3:14-15

Sin conceived in your emotions produces death

James 1:14-15

Lust = longing or strong desire (or emotion) for something

Proverbs 12:25 “Heaviness in the heart of man makes it droop, but a good word makes it glad.”

Heaviness = anxiety

Droop = bow down, depress

Psalms 31:9-10

Isaiah 26:3

We can be living from our spirit instead of our emotions!

Paul’s mindset towards trials and tribulations: 2 Corinthians 4:8-9, 17-18

Psalms 103:1-5