

Jesus

and emotions



Jesus

and emotions



Jesus and Emotions: Anxiety/Worry

Mt 6:25-34, Phil 4:6-7, 1 Pet 5:6-9, Mt 7:24-27, Mt 26:36-45

Mt 6:25-34

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#3309. μεριμνάω merimnáō...from mérimna (G3308), anxious care. To care, be anxious, troubled, to take thought, used in an absolute sense (Matt. 6:27, 31; Luke 12:25; Phil. 4:6)

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Phil 4:6-7

Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.

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1 Pet 5:6-9a

Humble yourselves, therefore, under the mighty hand of God, so that he may exalt you at the proper time, casting all your cares on him, because he cares about you.

Be sober-minded, be alert. Your adversary the devil is prowling around like a roaring lion, looking for anyone he can devour. Resist him, firm in the faith...

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Luke 12:20-21

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Mt 7:24-27

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We all face emotional storms in life...
the question is how and where am I building my house?

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Mt 26:36-45

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FOUR ELEMENTS TO BUILD YOUR LIFE ON THE ROCK AND WEATHER EMOTIONAL STORMS...

1. Invest in believing community. Mt 26:36-37

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FOUR ELEMENTS TO BUILD YOUR LIFE ON THE ROCK AND WEATHER EMOTIONAL STORMS...

2. Be honest with ourselves, others and God. Mt 26:38-39

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Mt 6:25-34, Phil 4:6-7, 1 Pet 5:6-9, Mt 7:24-27, Mt 26:36-45



Mt 26:38

Then saith he unto them, “My soul is exceeding sorrowful,
even unto death: tarry ye here, and watch with me. KJV

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Created Design

Spirit – pneuma - #4151

Soul – psuche - #5590

Body – soma - #4983

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1 Cor 2:13 Which things also we speak, not in the words which man's wisdom teacheth, but which the Holy Ghost teacheth; comparing spiritual things (pneumatikos) with spiritual.

14 But the natural man (psuchikos) receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually (pneumatikos) discerned. KJV

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Spiritual man – pneumatikos
Natural man – psuchikos

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John 3:36

The one who believes in the Son has eternal life (zoe), but the one who rejects the Son will not see life (zoe); instead, the wrath of God remains on him.

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John 12:23-27

Jesus replied to them, “The hour has come for the Son of Man to be glorified. Truly I tell you, unless a grain of wheat falls to the ground and dies, it remains by itself. But if it dies, it produces much fruit. The one who loves his life (psuche) will lose it, and the one who hates his life (psuche) in this world will keep it for eternal life (zoe). If anyone serves me, he must follow me. Where I am, there my servant also will be. If anyone serves me, the Father will honor him.

“Now my soul (psuche) is troubled. What should I say — Father, save me from this hour? But that is why I came to this hour. Father, glorify your name.”

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FOUR ELEMENTS TO BUILD YOUR LIFE ON THE ROCK AND WEATHER EMOTIONAL STORMS...

3. Submit my soul to the Spirit. Mt 26:38, Mt 6:25
Gen 2:16, 1 Cor 2:13-14, Jn 3:36, Jn 11:23-27, Ps 131

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Mt 6:25-34, Phil 4:6-7, 1 Pet 5:6-9, Mt 7:24-27, Mt 26:36-45



FOUR ELEMENTS TO BUILD YOUR LIFE ON THE ROCK AND WEATHER EMOTIONAL STORMS...

4. Pray: seek the face of God. Mt 26:39-44

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Mt 6:25-34, Phil 4:6-7, 1 Pet 5:6-9, Mt 7:24-27, Mt 26:36-45



Application:

The rhythms of my life can build a relational foundation that prepares me for the storms...trusting God is relationally intimate!

Mt 6:30, Phil 4:6-7 ,1 Pet 5:7, Heb 11:6

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Mt 6:25-34, Phil 4:6-7, 1 Pet 5:6-9, Mt 7:24-27, Mt 26:36-45



1. Tithing/Giving

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Mt 6:25-34, Phil 4:6-7, 1 Pet 5:6-9, Mt 7:24-27, Mt 26:36-45



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*I shovel [money] out, and God shovels it back ... but God has
a bigger shovel!*

R.G. LETOURNEAU



2. Sabbath

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Mt 6:25-34, Phil 4:6-7, 1 Pet 5:6-9, Mt 7:24-27, Mt 26:36-45



3. Forgiving and blessing those who curse you

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Mt 6:25-34, Phil 4:6-7, 1 Pet 5:6-9, Mt 7:24-27, Mt 26:36-45



Heb 11:6

Now without faith it is impossible to please God, since the one who draws near to him must believe that he exists and that he rewards those who seek him.

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Choose rhythms that grow our faith in Him as a rewarder.

Are you training, building for the storms?

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