

Managing negative emotions (Eph. 4:29-32)





Negative emotions:
 Discord, jealousy, anger, rage, depression, disappointment, sadness, discouragement, sadness, worry, anxiety, sense of worthlessness and loneliness.



Positive emotions:
 Love, compassion, happiness, and laughter


Emotions of God:

- God loves (1 John 4:8-9)
- God rejoices (Isa. 62:5)
- God has compassion (Matt. 9:26)
- God grieves (Gen. 6:6)
- God weeps (John 11:35)
- God gets angry (Deut. 3:26)
- God laughs (Ps. 2:4)



Emotions?

- God created us with emotions (they are for our good)
- As soon as sin entered man, the negative emotions started working too.



Anger:

- A gentle answer turns away wrath, but a harsh word stirs up anger (Prov. 15:1)
- Any one who is angry with his brother will be subject to judgment (Matt. 5:22)



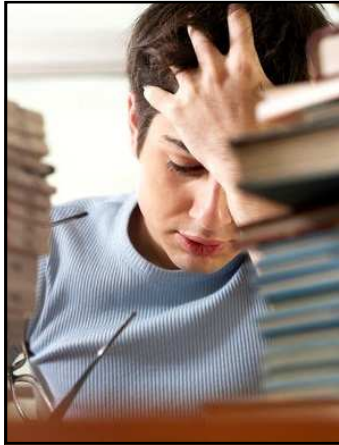
Managing your anger:

- Do not let any unwholesome talk come out of your mouth (Eph. 4:29)
- Get rid of all bitterness (Eph. 4:31)
- Be kind, compassionate, and forgiving (Eph. 4:32)




Beware of your tongue:

- Tongue's potential to express your anger and to make others angry are infinite (James 3:5-10)
- Be quick to listen, slow to speak, and slow to become angry (John 1:19)



Managing your anxiety:

- The cure for anxiety is prayer (Phil. 4:6-7)
- Cast all your anxieties on God (1 Peter 5:7)



Managing your fear:

- Do not be afraid of any man (Matt. 10:28)
- Be strong and courageous (Josh. 1:6-7)
- Study God's Word and obey it (Josh. 1:8)



Manage your negative emotions with self-control
(Prov. 25:28, 2 Tim. 1:7)