

UNITED FAITH FELLOWSHIP CHURCH OF GOD

Bible Study: Taking Authority Over Your Emotions

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Interpreter of Scripture: The Holy Spirit

Resources: KJV/ Amplified Excerpts: Creflo Dollar Ministry

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Emotions: A mental state that arises spontaneously rather than through conscious effort and is often accompanied by physiological changes; [a feeling] : *the emotions of joy, sorrow, reverence, hate, and love.*

God gave us authority over everything on the earth, *including our emotions.* Unfortunately, most people allow their emotions to rule their lives. When emotions dominate you, they will lead you away from the will of God for your life. Living an emotional life leads to hurt, depression, sickness, lack and no thought concerning your future.

Foundational Scriptures

Deuteronomy 30:19

Luke 10:19

Psalm 147:3 amp

Acts 19:13-16

3 John 2

Genesis 3:1-6

Proverbs 18:14

Hebrews 4:15,

Matthew 4:1-11

Proverbs 12:18

Mark 14:32-36

It is time for Christians to take authority over their emotions.

- ✓ 2 Cor 5:17 Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.
- ✓ We are to be new in our emotions as well as the other areas of our life

A. God created you to have emotions.

1. Man is a tri-part being—he is a spirit. He lives in a physical body and possesses a soul.

Your soul is made up of three parts: *your thinking, your volition [ will power] [chooser] and your feelings.*

- i. The way you think determines what type of emotions you have.
    - A. Romans 12:2
  - ii. If you think in line with the Word, you will experience life and peace.
    - A. Phil 2:5
  - iii. If you don't, think in line with the Word you'll experience emotional turmoil.
    - A. Romans 4:21 James 1:8 2 Peter 2:1
  - iv. As free moral agents, God has equipped you with the right to make decisions
    - A. Deuteronomy 30:19 which is your chooser.
  - v. Your emotions reside in your feelings.
    - b. God wants your soul to be in good health 3 John 2
2. Emotions are feelings on the inside caused by pain or pleasure that will direct your life to a certain place.
    - a. If you allow your emotions or feelings to direct your life, Satan will be able to move you away from the will of God for your life.
  3. God gave you emotions, but He did not intend for your emotions to rule your life.
    - a. God wants you *to take authority over* your emotions.
  4. Having an understanding of the Word and allowing your life to be governed by the Word will enable you to control your emotions.
    - a. If you don't have control over your emotions, you will try to control others, which is not God's will. [Jezebel Spirit, Manipulation and Control ]
    - b. A person who can control his or her emotions can accomplish anything in life.
  5. Jesus had emotions, but He was in control of them regardless of the situation.
    - a. Jesus is able to understand and sympathize with our weaknesses and the feelings of our infirmities because He was also tempted (Hebrews 4:15, AMP).
    - b. Mark 14:32-36 shows Jesus' emotions attacking Him in the Garden of Gethsemane, but He didn't cave in or quit. He followed the will of God for His life.
    - c. Ask yourself: *Am I allowing my emotions and feelings to move me away from the will of God for my life?*

**B. Take authority over your emotions.**

1. People often make emotional decisions in trying to protect their feelings. When they do so, they are not thinking about their future.
2. The root to negative emotions is a sense of powerlessness.
3. Satan tries to negatively convince you that:
  - a. You can't change your circumstances.
  - b. You can't change your personality.
  - c. You are weak.
4. The truth is that God has given you the authority to change everything.
5. God gave His authority to Adam. Adam then gave away his authority to Satan, but Jesus returned the authority to the Believer by taking it from Satan (Luke 10:19).
6. You have authority over the earth and are able to call those things that are not as though they were, so speak your health, wisdom, wealth and prosperity no matter what it looks like.
7. Know your authority.
  - a. In Acts 19:13-16, the sons of Sceva tried to use the authority found in Jesus' name to cast out demons, without having a revelation of His power. As a result, the demons were able to defeat them.
  - b. If you don't believe that you have authority, you will put up with sickness, depression, lack, powerlessness and bondage.
  - c. Knowing your authority gives you power over everything.
8. Satan will test you to see if you know who you are in Christ and if you know your authority.
  - a. Adam and Eve did not know their authority and gave it away (Genesis 3:1-6).
  - b. Jesus knew His authority and put Satan in his place (Matthew 4:1-11).
9. You have the authority to hire heaven or hire hell to work on your behalf. Which will you choose to back you up?

**C. It is time to get rid of hurt.**

1. Hurt is designed to keep you away from the blessings of God in your life.
  - a. Hurt keeps you where you are and stops you from going forward.
2. God is committed to healing those who are hurt Psalm 147:3, *amp*
3. A broken and hurt person will not be able to bear up under pressure Proverbs 18:14
4. Throw out the old saying: "sticks and stones may break my bones, but words will never hurt me," because the truth is that words hurt.

- a. Harsh words can pierce like a sword, but the words of the wise bring healing Proverbs 12:18
- 5. Locate your hurt and get rid of it. Do not build a foundation on it or use it as a crutch.
- 6. Hurt will distort your view and make you bitter toward others; it will stop you from moving forward.
- 7. To stop hurt from happening, you have to stop finding your point of reference in past pains and relating those pains to every situation.
  - a. Phil 3:13-14
  - b. Even though it hurts, you must dismiss what people have done to you and forgive them. Jesus spoke Luke 23:34
  - c. Stop exposing your wounds to everyone. Let them heal.
  - d. Psalm 34:17-18 Isaiah 57:15
- 8. There are three things that you will notice when you are around hurt people:
  - a. **They are unpleasant to be around.**
    - i. They talk about their past often.
    - ii. They prompt you to ask them what is wrong.
    - iii. They wear their feelings on their sleeves and seek sympathy.
  - b. **They become angry, they will turn on you and sometime you don't have a clue as to what the problem is or they can turn inward.**
    - i. They lose initiative to fight against the hurt, allowing depression to set in.
    - ii. They lose initiative to fight against the hurt, allowing anger to set in.
  - c. **They seldom make good decisions.**
    - i. Hurt people make decisions to protect their feelings, not their future.
    - ii. Hurt people are self centered and controlling

Understand that life is a series of decisions that must  
be governed by the Word of God to live  
an abundant and prosperous life.