

PENINSULA CHRISTIAN F E L L O W S H I P

Emotions

I. Emotions are Unpredictable (Jer 17:9)

A. Things can affect you in ways you didn't expect

1. When you get what you wanted it may not satisfy (Ecclesiastes)
2. Things done for you can turn to disappointment or suspicion

B. You can never fully control your circumstances (James 4:13-17)

1. Don't put your hope in the temporal (Isa 40:6-8)
2. Take advantage of the moment while it is there
 - a) Don't let surprise or disappointment steal an opportunity
 - b) Don't let anger or frustration lead to rash actions and regret

II. Emotions are Powerful

A. They drive us to action

1. Anger can cause us to hurt people.
2. Anger also drives people to right wrongs.
3. Love can cause us to endlessly enable and overlook things
4. Love is why Jesus went to the cross. (John 3:16)

B. They cause us to think differently

1. Loneliness and fear create a rut
2. Passion is the difference between a job and a career

III. Emotions are Embraceable

A. Use that passion to drive you forward

1. If something causes you anger, right it.
2. If you love something, it could be God's guiding (Ps 34:7)

B. Use your emotions to embrace other people

1. Join with people as a team and share each other's lives (Gal 6:1-5)
2. Share emotions and work through them (Rom 12:14-18)

C. Work through your emotions instead of ignoring them

1. Are your feelings hurt? Share it with a friend
2. Are you lonely? You have a family in Christ
3. Don't dismiss what you are feeling, but don't let it rule over you either.
 - a) Choosing to forgive and restore a relationship
 - b) Choosing to say or do the thing that is helpful even though you are scared