



FREEDOM FOR LIFE

Spirit Led, Not Emotions Led

July 28, 2024 - Week Five

Misunderstanding 1: Emotions are to be conquered

Misunderstanding 2: Emotions are to be obeyed

>> Emotions are to be responded to, not obeyed or ignored.

Philippians 4:6-7

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

>> Don't worry about anything; instead, pray about everything.

>> Worry **reveals** to me that I am carrying the weight of my future instead of trusting God with my future.

Philippians 4:6a

Don't worry about anything; **instead**, pray about everything.

>> Misunderstanding the purpose of emotions robs you of the benefit of emotions.

Philippians 4:6-7

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Ephesians 4:26

Be angry and do not sin; do not let the sun go down on your anger.

1. What is this emotion revealing about me?

2. What is the right response?

>> My emotions are not to be obeyed. They give me information and then I am led by the spirit of God, not my emotions.

2 Timothy 1:7

For God gave us a spirit not of fear but of power and love and **self-control**.