

Adulging 101: Thoughts & Emotions

“When I was a child, I used to speak like a child, reason like a child, think like a child...”

1 Corinthians 13:11 (CEB)

I. You are responsible for your thoughts!

A. PE, what do you mean?

1. Just that! Not only am I responsible for what goes into my mind (through senses), and what comes out of my mind (behavior, words), I am responsible for what goes on in my mind!

“When I was a child, I used to speak like a child, reason like a child, think like a child. But now that I have become a man, I’ve put an end to childish things.” 1 Corinthians 13:11 (CEB)

- a. Thoughts come randomly.
- b. Thoughts come from the devil.
- c. Thoughts are uncontrollable.

2. Why is it important?

“The good person out of the good treasure of the heart produces good, and the evil person out of evil treasure produces evil; for it is out of the abundance of the heart that the mouth speaks.” Luke 6:45 (NRSV)

B. How do I steward thoughts?

1. Replacing principle.

“From now on, brothers and sisters, if anything is excellent and if anything is admirable, focus your thoughts on these things: all that is true, all that is holy, all that is just, all that is pure, all that is lovely, and all that is worthy of praise.”

Philippians 4:8 (CEB)

2. Control inputs.

“Therefore, submit to God. Resist the devil, and he will run away from you.” James 4:7 (CEB)

3. Be accountable to others. **Nothing** lasting or good happens outside a healthy community.

“Without counsel, plans go wrong, but with many advisers they succeed.” Proverbs 15:22 (NRSV)

4. Be accountable to yourself. Check in every hour. What have I thought about in the last sixty minutes?

“...for the weapons of our warfare are not merely human, but they have divine power to destroy strongholds. We destroy arguments and every proud obstacle raised up against the knowledge of God, and we take every thought captive to obey Christ.” 2 Corinthians 10:4-5 (NRSV)

5. Pray continually!

“Pray continually.” 1 Thessalonians 5:17 (CEB)

II. You are responsible for your emotions!

A. PE, what do you mean?

1. Just that! Circumstances and people do not determine my emotional state!

a. When I was a child, I felt the way a child feels...

1. Feelings come randomly.
2. Bad feelings come from the devil.
3. Feelings can be numbed.

b. Why does it matter?

“The end of everything has come. Therefore, be self-controlled and clearheaded so you can pray.” 1 Peter 4:7 (CEB)

B. How do I steward my emotions?

1. Do not isolate yourself.

“Some people have gotten out of the habit of meeting for worship, but we must not do that. We should keep on encouraging each other, especially since you know that the day of the Lord’s coming is getting closer.” Hebrews 10:25 (CEV)

a. Community 101:

1. Even introverts **need** people.
2. You must choose to be excruciatingly vulnerable to be in actual community.
3. You are only your true self when you are with people.
4. You will be misunderstood. Provide grace as it’s being provided to you.
5. You will get hurt. Suck it up, buttercup. To summarize, emotional health, and relational health are linked.

2. Exercise. It’s science.

3. When you feel something unpleasant, don’t numb. Just feel it.

- a. Obsessing
- b. Perfecting
- c. Unhealthy coping mechanisms
- d. Addictions

4. When your emotion doesn’t match the situation, don’t act. Ask why. Strong feelings are signs something needs investigating.

“Be angry without sinning. Don’t let the sun set on your anger.” Ephesians 4:26 (CEB)

“So be afraid, and don’t sin! Think hard about it in your bed and weep over it! Selah” Psalm 4:4 (CEB)

5. Seek help.

- a. From the Holy Spirit in prayer.
- b. From a professional counselor.

Coming next:

February 5 - Straighten Out Your View of Past -Philemon
“Formerly he was useless to you, but now he has become useful both to you and to me.” Philemon 1:11