

# Handle Your Emotions God's Way!

Tess Rutherford

Unless otherwise indicated, all scripture quotations are taken from the New King James Version of the Bible.

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## *Preface*

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Have you ever been accused of being too emotional? Perhaps you are one who shows your hurt feelings every time someone offends you. Maybe you are easily fueled by feelings of anger. You are not alone. Emotions capture the very essence of who we really are. Regardless of what some people say, it is quite normal to have and show emotions. In this book I explore 52 negative human emotions that we all experience and present biblical principles that will help us express—and control—our emotions God’s way.

In our study of the Bible, we will discover that God in all his potency also expressed negative emotions. His emotions really flared up in the first half of the Bible (Old Testament) whereas in the latter half (New Testament) we see His softer, calmer side. No doubt this is a result of the sacrifice of God’s only son, Jesus Christ (much more on this later). Since God has made man in His image and likeness, we will experience the same emotions plus many more. We need to learn to respond more positively to some emotions and avoid others altogether. When we react negatively to our feelings, we hand power over to the person who triggered them. The goal is to rise above our human side and walk in the fruits of the Spirit by loving people, having joy within, walking in peace of mind, being

longsuffering and kind to one another, taking every opportunity to do good works, exhibiting faithfulness to God and man, responding gently under pressure, and maintaining self-control in all we do. Through God's strength and the truth of his word, the Bible, we can learn how to control our emotions instead of letting them control us. Even though this book is not all-inclusive, it is certainly enough to help anyone get on the right track when dealing with a very "real part" of everyday life—emotions.

Since this teaching is geared primarily towards people who have a relationship with Jesus Christ, I want to take this time to provide non-believers an opportunity to meet my best friend. In the beginning, humans were required to do their very best to be obedient to God. In order to receive forgiveness of sin, blood had to be shed. As a result, people offered up animal sacrifices to God to receive forgiveness. Essentially, the animal would take on the sin of the individual or group of people. After being burned on an altar, the smoke from the sacrifice would ascend to heaven as a sweet aroma. Unfortunately, the animal sacrifice was simply not enough. Human beings were still counted unworthy to go to heaven because they could never obey God's laws completely.

Therefore, God decided He would offer up Himself as the "acceptable sacrifice." He manifested Himself in human form and dwelled on earth for approximately 33 years. He suffered persecution, humiliation, rejection, and death for everyone. Through Jesus' death, we have an opportunity to receive complete forgiveness of sin and reign with Him forever

in eternity. This is the reason God no longer responds angrily as He did in the Old Testament. When you accept Jesus into your heart, He acts as your advocate by going to God on your behalf and pleading your case before God. Because of the blood Jesus shed, God is delighted to find you not guilty (on Jesus' count) and to forgive you over and over again. Jesus already served our sentence and paid our bail. If you believe these words, and you want to establish a relationship with Jesus, simply repeat this prayer from your heart: "Lord, I am a sinner. I repent of my sins today. I believe Jesus is the son of God and that God raised Him from the dead. Please come into my heart and allow for me to experience newness in You. In Jesus' name, Amen." If you prayed this prayer, know that angels are rejoicing in heaven over your conversion. Welcome to the Kingdom of God!

In order to receive the fullness of this teaching, I recommend that you read the whole book. We sometimes experience emotions that we are oblivious to unless they are brought to our attention. Because you will experience some, if not all, of these emotions some time in your life, it would behoove you to study the principles now to gain the knowledge you will need to control your reaction to your feelings when you succumb to them. Get ready for a crash course in handling your emotions God's way. Sit back, relax, and be prepared to be transformed and enlightened.

## Abandoned

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I know a young boy whose father abandoned him when he was one year old. The boy's father called ten years later and asked the boy's mother if she would discontinue child support payments. Though I am sure the mother was inclined to ask a myriad of questions—such as “Where have you been for the past ten years?”—she didn't. We wonder: How can a person abandon his own child? Astonishingly, the boy did not respond angrily and resentful as we might assume. Instead, he accepted his dad lovingly and with open arms. Contrary to what many believe, children are resilient. Though this young boy was abandoned—even forsaken—by his own father for a decade, he bypassed this feeling and focused instead on the bright side, which was finally getting a chance to speak to his father. How commendable this is! Parents abandon their children for a host of reasons—such as fear, shame, and inability to support them. We must understand that *everyone* is deserving of a second chance. Think about the number of chances God gives us to make the proper adjustments. If you are holding a grudge against someone who abandoned you, please let it go, for this is not a healthy way to witness the Jesus within you. Ask the Lord to help you gain the ascendancy over your abandonment issues and learn to walk in true forgiveness.