

“The Power of the Mind”

Managing Our Emotions

Lesson 2

Prov. 23:7 For as he thinks within himself, so he is.....

How we think influences how we feel.

Prov. 12:25 Anxiety in a man's heart weighs it down, But a good word makes it glad.

Anxiety is a state characterized by feelings of worry, nervousness, or unease, often about something that is going to happen, has happened, or may never happen, and can manifest physically and emotionally.

Prov. 15:13 A joyful heart makes a cheerful face, But when the heart is sad, the spirit is broken

A Mind Manipulator - Doubt

Luke 24:36 While they were telling these things, He Himself stood in their midst and *said to them, "Peace be to you." 37 But they were startled and frightened and thought that they were seeing a spirit. 38 And He said to them, "Why are you troubled, and **why do doubts arise in your hearts?**

Are we guilty of worrying about things that may never happen? Can We Control What We Think?

Remedy For Managing Our Emotions

1Pet. 1:13 Therefore, **prepare your minds** for action, keep sober in spirit, **fix your hope** completely on the grace to be brought to you at the revelation of Jesus Christ.

1Th. 4:13 But we do not want you to be **uninformed**, brethren, about those who are asleep, so that you will not grieve as do the rest who have no hope.

Remedy for doubt - **2Pet. 1:2** Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord;

Eph. 4:17 So this I say, and affirm together with the Lord, that you walk no longer just as the Gentiles also walk, in the futility of their mind,

18 being **darkened in their understanding**, excluded from the life of God because of the ignorance that is in them, because of the hardness of their heart;

19 and they, having become callous, have given themselves over to sensuality for the practice of every kind of impurity with greediness.

20 But you **did not learn** Christ in this way,

21 if indeed you have **heard Him and have been taught** in Him, just as truth is in Jesus,

22 that, in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit,

23 and that you be **renewed in the spirit of your mind**,

24 and **put on the new** self, which in the likeness of God has been created in righteousness and holiness of the truth.