

Psalm 136 (NKJV)

Oh, give thanks to the Lord, for He is good!  
For His mercy endures forever.

Philippians 4:4-9 (NKJV)

Rejoice in the Lord always. Again I will say,  
rejoice!

Anxiety is a sign that our emotions are in front of our faith and for those who struggle with their feelings it seems theres no pathway to peace.

And thats exactly what the devil wants you to believe.

1 Peter 5:6-10 (NKJV)

6 Therefore humble yourselves under the mighty hand of God, that He may exalt (lift you up) you in due time,

7 casting all your care (anxiety) upon Him, for He cares for you.



8 Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.

Sober -

1) to be sober, to be calm and collected in spirit

2) to be temperate, dispassionate, circumspect (act out of caution not out of fear and stress)

9 Resist him, steadfast (standing firm) in the faith, knowing that the same sufferings are experienced by your brotherhood in the world.

10 But may the God of all grace, who called us to His eternal glory by Christ Jesus, after you have suffered a while, perfect, establish, strengthen, and settle you.

Resist the devil, stand firm in the faith

10 But may God, After you have suffered a while (endured the trial of your faith), perfect, establish, strengthen, and settle you.

God is using anxiety as a tool to perfect, establish, strengthen, and settle you.



Psalm 136 (NKJV)

Oh, give thanks to the Lord, for He is good!  
For His mercy endures forever.

Philippians 4:4-9 (NKJV)

Rejoice in the Lord always.  
Again I will say, rejoice!

If your feelings are contrary to your faith,  
go with faith.

Be aware when your feelings are  
getting the best of you,  
and put faith in front of your feelings.



Joh 16:33

These things I have spoken to you, that in me you might have peace. In the world you shall have tribulation: but be of good cheer; I have overcome the world.

## Hebrews 12:1-3 (NKJV)

1 Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us,

2 looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

3 For consider Him who endured such hostility from sinners against Himself, lest you become weary and discouraged in your souls.



Psalm 136 (NKJV)

Oh, give thanks to the Lord, for He is good!  
For His mercy endures forever.

Philippians 4:4-9 (NKJV)

Rejoice in the Lord always. Again I will say,  
rejoice!

When our emotions are in control, we are unable to even join in the real battles that face us because we're so caught up in fighting our own emotions.

Judges 7:1-3 (NKJV)

1 Then Jerubbaal (that is, Gideon) and all the people who were with him rose early and encamped beside the well of Harod, so that the camp of the Midianites was on the north side of them by the hill of Moreh in the valley.

2 And the Lord said to Gideon, **“The people who are with you are too many for Me to give the Midianites into their hands, lest Israel claim glory for itself against Me, saying, ‘My own hand has saved me.’**”



3 Now therefore, proclaim in the hearing of the people, saying, **“Whoever is fearful and afraid, let him turn and depart at once from Mount Gilead.”**” And twenty-two thousand of the people returned, and ten thousand remained.

1 Samuel 17:24 (NKJV)

24 And all the men of Israel, when they saw the man, fled from him and were dreadfully afraid.

When facing a giant of a problem they all were frozen in their emotions and couldn't see how they could get victory over the enemy.

## 1 Samuel 17:37

37 Moreover David said, “The Lord, who delivered me from the paw of the lion and from the paw of the bear, He will deliver me from the hand of this Philistine.”

David relied on his faith and not on his emotions to defeat his biggest enemy



Jesus wants us to stand up to our emotions  
by faith and stop letting our  
feelings immobilize us

John 14:26-27 (NKJV)

26 But the Helper, the Holy Spirit, whom the Father will send in My name, **He will teach you all things, and bring to your remembrance all things that I said to you.**

27 **Peace I leave with you, My peace I give to you;** not as the world gives do I give to you. **Let not your heart be troubled, neither let it be afraid.**

Romans 15:13 (NKJV)

13 Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope **by the power of the Holy Spirit.**

Let the power of the Holy Spirit fill you with joy, peace, and hope.

But how?



Psalm 136 (NKJV)

Oh, give thanks to the Lord, for He is good!  
For His mercy endures forever.

Philippians 4:4-9 (NKJV)

Rejoice in the Lord always.  
Again I will say, rejoice!

Philippians 4:4-9 (NKJV)

4 Rejoice in the Lord always. Again I will say, rejoice!

5 Let your gentleness be known to all men. The Lord is at hand.

**6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;**

**7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.**



8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy **meditate on these things.**

9 **The things which you learned and received and heard and saw in me,** these do, and the God of peace will be with you.

The first step in faith we need to take is believing that through the power of the Holy Spirit, we can stop being driven by our emotions and have Gods peace in our lives no matter what giants we face.

The next step to emotional freedom is to learn how to let go of the things that you can't control and fully trust God with handling and the outcome of the things that strike fear in our hearts.

## Joyce Meyer Ministries

1. He who lives by emotions lives without principle.
2. We cannot be spiritual (walk in the spirit) and be led by emotions.
3. Emotions won't go away, but you can learn to manage them.
4. You can have emotions, but you can't always rely on them.

Make emotional maturity a primary goal in your life!