

How can I control my feelings?

In the Name of the Father, and the Son, and the Holy Spirit, One God. Amen.

✠ Keywords: “control” & “feelings”

✠ “But if they can not exercise self-control, let them marry. For it is better to marry than to burn with passion” (1Cor 7:9)

✠ “Woe unto you, Scribes and Pharisees, hypocrites, for you cleanse the outside of the cup and dish, but inside they are full of extortion and self-indulgence” (Mt 23:25)

✠ “Who, being past feeling, have given themselves over to lewdness, to work all uncleanness with greediness” (Eph 4:19)

✠ “But the fruit of the Spirit is love, joy... Self-control” (Gal 5:22, 23). We have the gift of self-control; we cannot claim an excuse.

✠ Feelings can include: guilt, love, hate, desire, hunger, etc.

✠ **Myth:** if I feel something, it must be true.

Truth: my feelings cannot always be trusted. They often have little to do with reality and deceive me. I must choose to reject any feelings that are not consistent with the truth.

✠ **Myth:** I can't control my emotions (feelings).

Truth: I don't have to be controlled by my emotions. I can choose to fix my mind on the truth, and to let God control my emotions.

✠ **Myth:** I can't help how I respond when my hormones are out of whack.

Truth: by God's grace, I can choose to obey Him regardless of how I feel. There is no excuse for ungodly attitudes, responses or behaviour. My physical and emotional cycles and seasons are under the control of my creator.

✠ Feeling angry?

Read [Eph 4:26-32](#), [James 1:19-20](#) and [Mk 3: 1-5](#)

Main idea: God wants me to learn to express my anger positively.

Question: what does God want me to do with my anger?

Answer: identify ways of expressing the anger positively.

✠ Feeling afraid?

Read [Psalm 27](#)

Main idea: God will help me with my fears when I turn to Him.

Question: what can I do when I'm afraid?

Answer: acknowledge God's presence, especially in situations in which we are afraid.

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† Feeling guilty?

Read [Psalm 32](#), [1John 1:1-10](#)

Main idea: when we confess our sins to God, He forgives and frees us from guilt.

Question: how do I deal with the guilt I feel?

Answer: understand the meaning and result of confession of sins

† God doesn't give us things we can't handle, if He allows us to feel something, He is sure that we can overcome it. We need to have a balance between our feelings, our mind and our ability and will.

Glory is to God forever. Amen.