

Mastering Negative Emotions

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Negative emotions are real. They have the power to make us spin down and lose perspective of God's love and His truth. Our God is a God of hope, healing, and help. He has given us the Word of God to help us combat the spiritual warfare that attacks our emotional well-being. Here is a brief exercise that I've been working on to help me and others. I hope you'll find it helpful as well and I look forward to getting your feedback!

1. **Identify** what you're feeling. Take a moment. Call it out. Write it down in your journal, or simply have a eureka moment! I.e. "I'm feeling lost ... afraid ... discouraged ... overwhelmed ... anxious ... lonely ... helpless ... insecure ..."
2. What **event(s)** led to you feeling what you feel? List them.
3. What **message** are you hearing & what are you **believing**, negatively? (I.e. I'm lonely and nobody really cares.)
4. **Take control** of your thoughts. Meditate on this verse. Now, let's bring the negative thoughts into captivity.

2 Corinthians 10:3-5 ... "For though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, **bringing every thought into captivity to the obedience of Christ ...**"

5. What **biblical truth** stands in contrast to the negative message/belief you're wrestling with? E.g. God "will never leave me nor forsake me." I don't have to "be anxious for (anything)" ... (See the list of emotions and Scriptures below.)
6. Review the **Emotions Scripture** most related to the one you're dealing with. Look for any principles, actions, truths you can embrace.
7. Make those Scriptures your **meditation** for as long as you need, i.e. 3 days, a week, even a month. Write them, memorize them, say them, paraphrase them, but most of all **believe** and **apply** them toward the mastery of a negative emotion.
8. If or when you battle that emotion again, simply re-do the process. Keep replacing the negative message, lie, and belief with God's truth.

Positive Emotions

- Happiness & Laughter (Genesis 21:6, Psalm 126:2, Job 8:21, Proverbs 17:22)
- Love (John 3:16, 1 Corinthians 13, 1 John 3:23, 4:10, 4:18)
- Pleasure (Psalm 16:3, Ephesians 1:5, 4:19, Proverbs 10:23, Daniel 4:2)
- Compassion (2 Kings 13:23, Nehemiah 9:19, Psalm 103:1-4, Isaiah 30:18, Matthew 9:36)
- Joy (Philippians 1:18, 2:17, 3:1, Colossians 1:24, 1 Peter 1:6, Revelation 19:7)
- Contentment (Song of Songs 8:10, Job 36:11, 1 Timothy 6:6, Psalm 131:2, Proverbs 13:25, Philippians 4:11)
- Calmness (Lamentations 3:26, Isaiah 7:4; 30:15)
- Humility (James 1:9, 4:6-10, Ephesians 4:2, 1 Peter 3:8, 5:6, Matthew 11:29, Zephaniah 2:3, Isaiah 29:19)

Negative Emotions

- Anger (Proverbs 21:14, 29:8, 30:33, Ecclesiastes 7:9, Ephesians 4:26)
- Helpless (1 Samuel 17:37, 2 Samuel 10:11, Job 6:23, Psalm 7:1-2, 17:13, 22:21, 25:20, 31:2, 2 Timothy 4:18)
- Ineffective (Genesis 39:3-4, 1 Samuel 18:14, 1 Chronicles 22:11-13, 2 Chronicles 26:5, Psalm 1, Proverbs 2:7, Joshua 1:8)
- Anxiety & Pressure (Psalm 139:23, 94:19, Philippians 4:6, Proverbs 12:25, 1 Peter 5:7)
- Loneliness (Psalm 18:6, 31:22, 101:2, 2 Timothy 4:17, Genesis 2:18, Ecclesiastes 4:9-12)
- Fear (Genesis 15:1, 26:24, Numbers 14:9, Deuteronomy 1:17, 21, 29, Joshua 1:9, 10:8, 2 Chronicles 32:7, Psalm 118:6, Jeremiah 1:8, 42:11, Hebrews 13:6, Revelation 1:17)
- Jealousy & Envy (James 4:5, 14-15, Proverbs 14:30, 24:19, Matthew 20:15, Job 5:2, 10:1)
- Insecurity (1 Samuel 10:20-22, 1 Samuel 15:24, Psalm 27:9-10)