

A background image of Earth from space, showing the blue and white atmosphere and the dark surface of the planet. A bright sun is visible in the upper right corner, creating a lens flare effect. The text "A TIME FOR..." is overlaid in large white letters across the middle of the image.

**A TIME FOR...**

A background image of Earth from space, showing the blue and white atmosphere and the dark surface of the planet. The city lights of a continent are visible in the lower portion of the image. The text "Greater Emotional Strength" is overlaid in large white letters with a black outline across the middle of the image.

**Greater Emotional Strength**

“Emotional strength has little to do with stoicism and even less to do with any momentary reaction. Rather, emotional strength is something that can only be assessed over time. By definition, it involves a person’s ability to deal with challenges and bounce back from them, not how they respond in any given moment.”

- Dr Guy Finch

# Let us reflect on our emotions

## 1. Gauge or Guide?

Alerts you to your thoughts

## 2. Wrong or Right?

Alerts you to your moral values

## 3. Imperatives or Indicatives?

Alerts you to who or what is in control

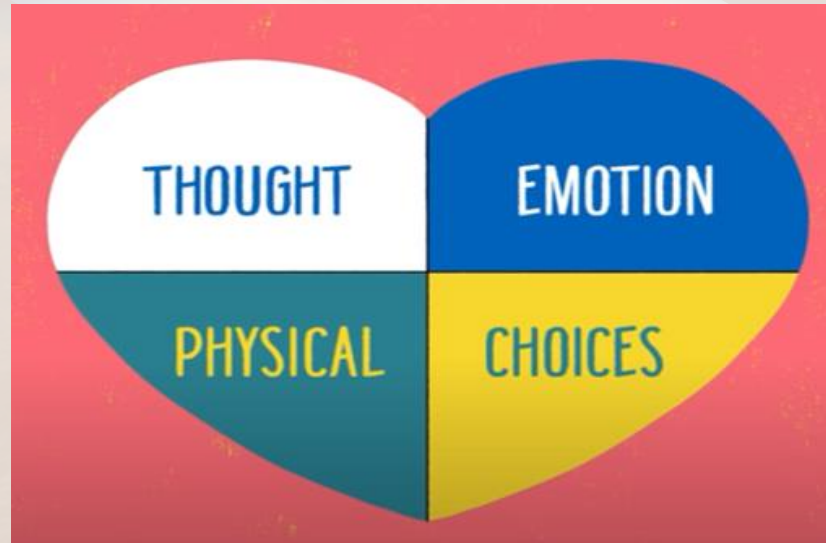
## 4. Momentary or Repetitive?

Alerts you to who you are

# The 'heart' - production centre of emotions

Proverbs 4:23 <sup>NIV</sup> “Above all else guard your heart for everything you do flows from it”

- Generator of Physical life



- Make choices motivated from desires

- Centre of intellectual life
- Centre of emotional life..

# What does the 'heart' store?

**Luke 6:45** NIV

A good man brings good things out of the good **stored up in his heart**, and an evil man brings evil things out of the evil stored up in his heart...

**Luke 2:19** NLT

...but Mary **kept** all these things in her **heart** and thought about them often.

**Psalms 119:11** NIV

I have **hidden** your word in **my heart** that I might not sin against you.

# What does the 'heart' release?

Jeremiah 17:9 NKJV “The heart is deceitful above all things, and desperately wicked: who can know it?”

Mark 7:21 KJV “For from **within, out of the heart of men**, proceed evil thoughts...”

Genesis 6:5 NIV “The Lord saw how great the wickedness of the human race had become on the earth, and that **every inclination of the thoughts of the human heart** was only evil all the time.”

Proverbs 23:7 NKJV “For as he thinks in his heart, so is he..”

# What is the Good news?

“To conquer,” said Napoleon, “you must replace.”

You cannot expel bad thoughts by no thoughts- we need a new centre of production of thoughts and emotions.

Ezekiel 36:26 NLT

“ And I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart”

## Paul in 2 Corinthians 4:7-9<sub>NLT</sub>

<sup>7</sup> “We now have this **light shining in our hearts**, but we ourselves are like **fragile clay jars containing this great treasure**. This makes it clear that **our great power is from God**, not from ourselves. <sup>8</sup> We are pressed on every side by troubles, **but** we are not crushed. We are perplexed, **but** not driven to despair. <sup>9</sup> We are hunted down, **but never abandoned by God**. We get knocked down, **but** we are not destroyed...”

## David in Psalm 42:4-6<sub>NLT</sub>

<sup>4</sup> “My heart is breaking as I remember how it used to be...”

<sup>5</sup> **Why** am I discouraged? **Why** is my heart so **sad**? I will put my hope in God! I will praise him again— my Savior and <sup>6</sup> my God! Now I am deeply discouraged, **but** I will remember you...”



# What produces emotional 'strength'?

1. Recognition of emotions...

Pressed, perplexed, in despair, troubled, discouraged, sad

2. Knowing the reason/trigger...

Be clear on the 'Because'

3. Living inside out...

Let external remain external

4. Differentiating Emotions from Truth...

Remember 'But..'

5. Knowing the source of Power...

"From God and not ourselves"

## Isaiah 40:29-31 NLT

29 He gives **strength** to the weary  
and increases the power of the weak.

30 Even youths grow tired and weary,  
and young men stumble and fall;

31 but those who hope in the Lord  
will **renew their strength**.

They will soar on wings like eagles;  
they will run and not grow weary,  
they will walk and not be faint.

A background image of Earth from space, showing the blue and white horizon of the planet against a black starry sky. A bright sun is visible in the upper right corner, creating a lens flare effect.

**A TIME FOR...**

**Greater Emotional Strength**