

Renovation: A Renovation of Emotions
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The Dangerous Side of Unchecked Emotions:

- My emotions create my mind.
- Over time, my emotions influence the filter I see life through.
- Unchecked, my life filter becomes prescriptive.

Proverbs 23:7 NKJV

For as he thinks in his heart, so is he ...

Proverbs 14:30 MSG

A sound mind makes for a robust body, but runaway emotions corrode the bones.

Emotions are great gauges but terrible guides.

Romans 12:2 Aramaic Bible

And do not imitate this world, but be transformed by the renovation of your minds, and you shall distinguish what is the good, acceptable and perfect will of God.

A Renovation of Emotions:

1. Name it.

You can't surrender what you can't name.

If I asked my emotion what its name is, what would it say?

“Every emotion, though horizontally provoked, nevertheless reflects something about the vertical dimension: our relationship with God.”

— *Dr. Dan B. Allender*

A lot of people are hiding behind FEAR and calling it WISDOM.

Romans 10:17 NKJV

So then faith comes by hearing, and hearing by the word of God.

A Renovation of Emotions:

2. Face it.

Numbers 21:8 NIV

The Lord said to Moses, “Make a snake and put it up on a pole; anyone who is bitten can look at it and live.”

To be healed, you have to be willing to look at the thing poisoning you.

If I asked my emotion why it's there, what would it say?

A Renovation of Emotions:

3. Invite God into it.

Matthew 5:4 NIV

Blessed are those who mourn, for they will be comforted.

If I asked God into my emotions, what would He do?

Philippians 4:6-7 NIV

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Psalms 27:13-14 NKJV

I would have lost heart, unless I had believed that I would see the goodness of the Lord in the land of the living. Wait on the Lord; be of good courage, and He shall strengthen your heart; wait, I say, on the Lord!

Name it. — If I asked my emotion what its name is, what would it say?

Face it. — If I asked my emotion why it's there, what would it say?

Allow God into it. — If I asked God into my emotions, what would He do?