

TOXIC

TOXIC EMOTIONS

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Three Steps to Dealing with Toxic Emotions

1. Recognize the STRUGGLE for Your Emotions.

Genesis 1:27 “So God created mankind in His own image, in the image of God He created him; male and female He created them.”

Our emotions become toxic when we respond in the flesh.

Galatians 5:17 “For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other.”

Whoever wins control of our emotions has control over other areas of our life.

Romans 8:8 “Those who are in the realm of the flesh cannot please God.”

James 1:20 “Because human anger does not produce the righteousness that God desires.”

Hebrews 12:15 “See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many.”

Jeremiah 17:9 “The heart is deceitful above all things and beyond cure. Who can understand it?”

John 16:13 “When the Spirit of truth comes, He will guide you into all truth.”

Romans 8:6 “The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.”

Ephesians 4:26-27 “In your anger do not sin. Do not let the sun go down while you are still angry, and do not give the devil a foothold.”

2. Choose to SURRENDER Your Response.

Ephesians 4:22-24 “You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.”

Your response to what you feel does not belong to you. It belongs to Jesus.

Hebrews 2:7-8 “You made them a little lower than the angels; You crowned them with glory and honor and put everything under their feet. In putting everything under them, God left nothing that is not subject to them.”

Hebrews 2:8 “Yet at present we do not see everything subject to them.”

Hebrews 2:8-9 “Yet at present we do not see everything subject to them. But we do see Jesus, who was made lower than the angels for a little while, now crowned with glory and honor...”

Hebrews 2:16-17 “For surely it is not angels He helps, but Abraham’s descendants. For this reason, He had to be made like them, fully human in every way, in order that He might become a merciful and faithful high priest in service to God, and that He might make atonement for the sins of the people.”

Psalms 142:5 “I cry to You, Lord; I say, ‘You are my refuge, my portion in the land of the living.’”

Psalms 73:26 “My flesh and my heart may fail, but God is the strength of my heart and my portion forever.”

We are not the people marked by what has been done TO us. We are the people marked by what has been done FOR us.

2 Corinthians 4:8-10 “We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed. We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body.”

Galatians 6:8 “Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life.”

3. Take Your STAND in the Spirit.

Ephesians 6:13 “Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.”

You never know when it will be an EVIL day, so you must be ready EVERY day.

Romans 8:5 “Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.”

Romans 13:14 “But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.”

Mark 1:35 “Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed.”

Psalms 5:3 “In the morning, Lord, You hear my voice; in the morning I lay my requests before You and wait expectantly.”

Galatians 5:16 “So I say, walk by the Spirit, and you will not gratify the desires of the flesh.”

Galatians 5:25 “Since we live by the Spirit, let us keep in step with the Spirit.”

Memory Verse for this week: Galatians 5:16 “So I say, walk by the Spirit, and you will not gratify the desires of the flesh.”