

## Redeeming our Emotions

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*Psalms 103:8 (AMP)*

*The LORD is merciful and gracious,*

*Slow to anger and abounding in compassion and lovingkindness.*

At the beginning of the year, we believe we received the word of the Lord and visionary theme for 2020: THE YEAR OF REDEMPTION. God has not changed His mind, and we still believe that He is willing and able to bring His promised REDEMPTION.

To **Redeem** something means to buy it back, to regain possession of it.

When things are out of control, we go looking for things that we can control. Often we try to control the wrong things or try to gain control in the wrong way. One thing we can control is what we do with our emotions. God made us in His image, with emotions that were designed to direct us toward forgiveness, love, graciousness and patience.

### How do we allow God to redeem our emotions?

- **Submit your emotions to wisdom.**

Emotions push us to act now; wisdom waits for the right time to act.

*Proverbs 1:5 Amplified Bible (AMP)*

*The wise will hear and increase their learning,*

*And the person of understanding will acquire wise counsel and the skill [to steer his course wisely and lead others to the truth],*

- **Line up your emotions with the Word of God.**

Invite the Holy Spirit to reveal truth to you, and apply the Word of God to your own heart.

*Hebrews 4:12 (AMP)*

*<sup>12</sup> For the word of God is living and active and full of power [making it operative, energizing, and effective]. It is sharper than any two-edged <sup>[a]</sup>sword, penetrating as far as the division of the <sup>[b]</sup>soul and spirit [the completeness of a person], and of both joints and marrow [the deepest parts of our nature], exposing and judging the very thoughts and intentions of the heart.*

- **Harness your emotions for their intended purpose.**

At their best, emotions move toward compassion and empathy for others.

*2 Corinthians 1:3-4 (AMP)*

*<sup>3</sup> Blessed [gratefully praised and adored] be the God and Father of our Lord Jesus Christ, the Father of mercies and the God of all comfort, <sup>4</sup> who comforts and encourages us in every trouble so that we will be able to comfort and encourage those who are in any kind of trouble, with the comfort with which we ourselves are comforted by God.*

- **Draw near to God for restoration.**

Our emotions are tied to what we desire and need. God is our Source and the supplier of all our needs. His presence restores (brings back to wholeness) every aspect of our lives.

*Psalms 23:1-3 (AMP)*

*The LORD is my Shepherd [to feed, to guide and to shield me],  
I shall not want.*

*He lets me lie down in green pastures;*

*He leads me beside the still and quiet waters.*

*He refreshes and restores my soul (life);*

*He leads me in the paths of righteousness*

*for His name's sake.*