



OVERCOMING UNFRUITFUL EMOTIONS

We are excited to present this sermon series to you, as we believe it is such a practical theme. If we are honest, we way too often allow our emotions to drive us in our lives, and when they are negative or unfruitful emotions, it is something we need to truly battle again in the spiritual war that we are in. If you want to discuss anything in this series with our pastoral leadership team please e-mail us at info@livewithpurposechurch.org or call us at: 717-340-2274.

Each of you might struggle with different core emotional triggers (default negative emotions) of course, but we are meant to walk with the Mind of Christ and represent Him well as we interact with the world.

MAIN CATEGORIES OF UNFRUITFUL / NEGATIVE EMOTIONS:

1. Sadness <i>(depression, despair, hopelessness, Self-critical thoughts, etc.)</i>	2. Anxiety	3. Anger	4. Guilt	5. Shame / Embarrassment
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RE-CAPPING THE FLOW OF OUR SERIES....

1. Worry & Anxiety <i>Pastor Ryan</i>	2. Anger <i>Pastor Phil</i>	3. Bitterness, Envy & Jealousy <i>Pastor Joe</i>	4. Apathy <i>Pastor Ryan</i>	5. Fear <i>Pastor Joe</i>
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Emotion as a noun:

1. An affective state of consciousness in which joy, sorrow, fear, hate, or the like, is experienced, as distinguished from cognitive and volitional states of consciousness.
2. Any of the feelings of joy, sorrow, fear, hate, love, etc.
3. Any strong agitation of the feelings actuated by experiencing love, hate, fear, etc., and usually accompanied by certain physiological changes, as increased heartbeat or respiration, and **often overt manifestation**, as crying or shaking.



Pastor Ryan -
Week #1

ANXIETY & WORRY

- Jesus commanded us to not worry, so if it is a command we should be obeying it.
- We get so focused on the negative that we won't let it go, and the enemy uses the illusion of control to bait us as if there is some way to hold on to it, manipulate it and be fruitful.
- The harder you pull and try to hold on to the illusion of control as you are anxious, worried or fearful, the easier it is for the evil one to bind you as a slave to the trap of the enemy, all because you couldn't let go of worry of anxious thoughts.



Pastor Phil -
Week #2

ANGER

- Anger isn't always unfruitful. What we do with anger determines if we experience restoration/freedom or live unfruitfully.
- (Eph 4:25-32) - If we live out of bitterness, anger, rage, harsh words, slander or any other type of evil behavior, we actually grieve the Holy Spirit.
- We must learn to process anger productively so we can keep it under control. Experiencing anger doesn't need to be unfruitful. What truly matters most in life is godly, healthy, long-lasting relationships!
- You can overcome anger by praying and asking God to recondition you so you respond differently, and by putting yourself in the other person's shoes first to try and understand them. Love covers a multitude of sins. Focus on the good in that person relationally speaking.



BITTERNESS - adjective

1. Causing pain; piercing; stinging: a bitter chill.
2. Characterized by intense antagonism or hostility: **bitter hatred.**
3. **Hard to admit or accept:** a bitter lesson.
4. **Resentful or cynical: bitter words.**

ENVY - noun

1. A **feeling of discontent** or **covetousness with regard to another's advantages, success, possessions,** etc.
2. An object of such feeling: Her intelligence made her the envy of her classmates.
3. To regard (a person or thing) with envy: He/She envies you for your success. I envy your writing ability. He envies her the position she has achieved in her profession.

JEALOUSY - noun

1. **Jealous resentment against a rival, a person enjoying success or advantage, etc., or against another's success or advantage itself.**
2. **Mental uneasiness from suspicion** or fear of rivalry, unfaithfulness, etc., as in love or aims.
3. **Vigilance in maintaining or guarding something.**
4. A jealous feeling, disposition, state, or mood.



- We allow these unfruitful emotions (like Bitterness, Envy and Jealousy) disempower us, because we can't celebrate what God is doing in the lives of others (many times sadly even our spiritual brothers and sisters).
- Satan uses the "Spirit of Offense" to destroy lives, even among believers. He many times uses weapons such as developing seeds of bitterness, envy or jealousy to place and keep us in bondage of offenses as those seeds grow deeper down within us. They become roots that must be dismantled to walk in the freedom available to all believers because of the Holy Spirit that is within them.
- I see pride as the root of most sources of bitterness, envy and jealousy. True fear of the Lord not only prolongs our life, but gives us a Holy antidote to the unfruitful prideful emotion.



- Apathy is stated as of a lack of interest, concern, enthusiasm or indifference without feeling in the midst of great loss or great successes.
- Sometimes we can become apathetic in our relationship with God because we believe a subtle lie of the evil one that if we are be blessed, God must be pleased with what we are doing vs. continuing to truly listen to the still small voice of the Lord.
- We can be in an apathetic position sometimes even when we find life going well, because if we are honest we find ourselves pretty disconnected from God as we do life.
- When we allow apathy to exist and persist, we make it easier for the evil one as he comes to kill, steal, and destroy. We should instead resist apathy.



FEAR - adjective

1. A distressing emotion aroused by impending danger, evil, pain, etc., whether the threat is real or imagined; the feeling or condition of being afraid.
2. Synonyms: foreboding, apprehension, consternation, dismay, dread, terror, fright, panic, horror, trepidation, qualm.

- If we are honest, and we look back at our life, we will see that a very high % of what we fear, never actually comes true, and many times works out to become moments of unexpected blessing as we walk in obedience and faith as we face our fears.
- If you replace every fearful thought you have with a step of faith, God will show you who HE is.
- Fear in God is the only true fear that IS fruitful.

THOUGHTS ABOUT OVERCOMING FEAR...

- There is a difference between discerning a fearful situation in life and responding appropriately or productively to it vs. "operating under the power of the spirit of fear"
- We need to remember the enemy uses the fear as a tool to limit/obstruct/hinder your faith. Followers of Christ in truth have the ability to discern danger around us, and overcome them.
- To overcome fear, we need a "rested soul". Through patience, possess your souls. Don't let your soul (emotions, expectations, circumstances) drive you. Let the Holy Spirit lead you in life.
- Every time I flex my faith muscles, they have grown stronger spiritually speaking
- When you faith your way through fear I have seen God accomplish things in ways I never could have and even bring great wisdom and breakthrough from my biggest failures which began with faithful action.
- To faith your way through fear, you need to have truly open hands and give God a clean canvas to work on in your life and do something new in you
- God has given His followers a power through the Holy Spirit which gives us dominion over fear and authority through our covenant rights and Christ's delegated authority given to us.
- Anytime we are ready for new levels the spirit of fear will visit us.
- Faith and fear can't co-exist. One displaces or cancels the other. Always.
- Fear of failure can cause us to hide from opportunities and paralyze you from trusting God to take risks in life that really are your moments to walk in faith.

SOME WAYS TO PRACTICALLY OVERCOME FEAR...

1. Write down your fears and share them with God in prayer and other mature follower's of Christ
2. Realize that most fears we have don't even become true if you honestly look back over life
3. Just simply do the thing that you fear by "exercising your faith" in an active way
4. Be curious enough about what God is doing through the fear you face, that you pursue Him
5. Totally surrender your fear to God and totally trust Him. He is worthy.

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