



*Eagle Vision Partner Letter*  
*Controlling Your Emotions*

October 2006

Dear Partner,

I pray this letter finds you in the midst of receiving restoration in your life. If your restoration was dependent upon your praise, how much would God owe you? Think about it.

This month the topic is dealing with our emotions. Do you realize that lots of issues such as violent crimes, marital problems and instability among others are caused by people who do not know how to control their emotions that they are feeling? So many people think that we have to yield ourselves to whatever we feel and they think that we should dictate our lives based on what we feel, but this is not true. I have a few questions for you...what determines your daily actions and moods? Is it how you feel or is it based on how you know you should act? Many people allow their life to be determined by how they feel, not by the Word of God. If they don't "feel" like praising the Lord, they don't. If they don't "feel" like going to church, they don't. If they don't "feel" like submitting to the authority in their life, be it a parent, teacher, supervisor, pastor or spouse, they don't. If they don't "feel" like being married, they get out of it. If they don't "feel" like treating people with the love of God, they don't. Do you think Jesus "felt" like going to the cross? No, he didn't, but He made a choice to take actions according to the Will & Word & Plan of God, versus what He felt like doing.

Something that we all have in common is the fact that we all have emotions. Emotions can be defined as intense feelings that try to move you to or away from something. It comes from a Latin word which means to remove, displace or move away. It's important to know that emotions will never go away, that's why **we must** learn how to control them, so they won't control us. Many times, people think that emotional problems are just problems that women have. Not true! If men and children did not battle with emotional problems, we would not have men abusing their wives and children, teenagers murdering each other, children being rebellious, people marrying the wrong person because they don't "feel" like waiting anymore, etc. All of these issues are emotional issues. **The good news is, as a child of God, we have control over how we feel.** It's important for me to be clear---we are not to 'ignore' what we feel, but we 'manage and control' what we do based on God's Word and not based on how we feel. You can't trust feelings, they are always changing. But the Word of God is same yesterday, today and forever! You may wake up one morning and not 'feel' like you love your spouse or you may 'feel' like they don't love you. Are you to go find someone new because of how you 'feel'? Read **Genesis 27** and you will see that most of the time when you make your decisions by "how things feel" versus the peace within you, you will probably make a mistake like Isaac did!

Because the Spirit of God lives on the inside of us, we have His supernatural power to help us make the right decisions and to do the right things. **Romans 6:11-19** tells us that we are in control of what we do. It's our choice whether we allow ungodly things to "control or reign" over us or whether we make the right godly choices to control our lives. Read **Deuteronomy 30:14-20**. **Verse 17** shows us that people can be "drawn away" from the will of God. How are people drawn away? By allowing their emotions to move them away from God's plan and moving them toward another path. God wants us to stay focused on His plan for our lives, and we do this by living by the Word of God and not allowing our feelings to control us.

There is so much that I can say on this subject, but I will end this letter with answering this question:

**How do I take control of the emotions that I feel?**

1. Make a decision that you want to take control.

As Jesus asked the man at the pool of Bethesda in **John 5**, "Do you want to be whole?"

2. Understand that you are not alone.

As I stated earlier, everyone has emotions, so everyone has had to make the choice whether to follow feelings or follow what is right. **I Corinthians 10:13** says **There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.** This let's us know that others have been tempted in any area that you are tempted. Even Jesus knows how we feel. **Hebrews 4:15** **For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin.** He had to conquer His emotions. One particular time that comes to mind is when He was in the Garden praying ...He could have allowed fear to overtake Him, offense (because those closest to Him were not supporting Him, but sleeping through His biggest challenge.) But He did not let offense or fear control His decisions. He prayed "Not my will, but Thine be done." (**Mark 14:32-36**) It was His choice to either follow God's will or follow what He was feeling.

3. Know that you cannot accomplish this apart from the Word of God.

According to **John 8:30-32**, you must "continue" in God's Word so that you can know the Truth THEN as you continue in the Word, the Truth will make you free. Continuing in His Word means you study it and obey it.

4. Know that as a Christian, God has already given you the power and authority to defeat negative emotions

such as depression, anxiety, fear, grief, jealousy, rejection, anger, guilt and offense just to name a few. (**Luke 10:19**) Because we are a part of Christ's Body, we can think like He does (**I Corinthians 2:16b**) Since we have the authority & power to do it, let's use it to help ourselves.

5. You CAN control what you think about.

According to **Philippians 4:8**, **Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.** We can control what we allow to stay in our mind, so make sure you choose to think about positive things.

*Partner With Us*

We encourage you to become a partner with Eagles' Christian Center today. Help us to carry the Gospel to this lost and dying world. There is so much work to be done. We have a God-ordained mission to reach the lost. With more faithful partners to stand with us in prayer and financial support, we will accomplish all that God has called for us to do. If these letters are a blessing to you, pray about becoming a partner today. Also, continue to visit us at [www.EaglesChristianCenter.org](http://www.EaglesChristianCenter.org)

In His Righteousness,

Deirdre S. Council  
Co-Pastor

**MINISTRY UPDATE**

Join us for our 4<sup>th</sup> Church Anniversary Service that will be held on November 12, 2006! Our regular service will be at 10:00 am and the anniversary celebration service will be at 4:00 pm.