

Resurrection Life of Jesus Church

PROTECTING YOUR EMOTIONS

RLJ-1393

JOHN S. TORELL

MAY 26, 2013

THE BATTLEGROUND

Once we know that emotions can cause sickness, it becomes imperative to protect them since Satan is an expert in the human body and has become a specialist in behavior. The battle takes place in the mind, which in turn has the power to control emotions. Here are some things to consider:

- ❖ Satan is always on the attack. **1 Peter 5:8**
- ❖ Paul told us to present our bodies as a living sacrifice and to renew our minds. **Romans 12:1-2**
- ❖ We are to take captive every thought. **2 Corinthians 10:3-6**
- ❖ We need to take up the armor of God. **Ephesians 6:10-18**

WHERE SATAN WILL ATTACK

We can be attacked by Satan in the following areas:

1. The temptation to live in the past. **Luke 9:62**
2. He will try to make us discontent. **Genesis 3:1-6**
3. He will stir up anger, frustration, jealousy, lust, depression, insecurity, inferiority, offense, etc. The only defense against these attacks is to die to self. **Galatians 2:20-21**

SOME THINGS CAN BE CHANGED

King Hezekiah was struck with a sickness unto death. The prophet Amos told him to set his house in order since he was about to die. Hezekiah began to pray and his circumstances were changed and God gave him fifteen more years to live on the earth. **2 Kings 20:1-11**

SOME THINGS CANNOT BE CHANGED

There are certain circumstances in our lives that God will not change; instead, He wants us to work around them. If you don't understand this, there will be frustration and sickness. Daniel and his three friends could not change the fact that Jerusalem was destroyed, were made into eunuchs and had to live in a nation they did not like. Instead of sinking into depression and despair, they moved on and made lemonade of all the lemons. **Daniel 1:1-21**

RELEASE ALL YOUR BURDENS TO JESUS

How can a person release burdens to Jesus? Here are some of the things I have faced in my life:



1. Having no money to pay bills.
2. Facing sickness
3. Having to deal with church splits
4. Seeing churches closed down
5. Being betrayed by friends

Each time I faced one of these blows, I told myself that there is nothing you can do in the flesh to change things. There is only one thing to do, roll it onto Jesus and let the pieces lie where they fall. **Matthew 11:28-30**

I could have become bitter, angry, resentful, unforgiving and offended but that was not going to solve anything; it would only make me sick. I always tell myself, **“THERE IS NO CRISIS IN HEAVEN. GOD IS STILL ON HIS THRONE AND HE HAS A SOLUTION TO EVERY PROBLEM I AM FACING!”**

I have been full time in the ministry since 1969 and God has taken care of me and my wife for 44 years. Things have not always gone the way I wanted it, but God is faithful and worked out every challenge we have faced. We have always had a place to live and we have never gone to bed hungry. Regardless of the future, I know God will take care of me.

MAKE JESUS YOUR SHEPHERD

As Christians we do not have any say in selecting the difficulties we will face. God is handing out events in our life according to what we need. In infinite wisdom, He is shaping us on this earth and there are two ways to respond: We can accept what God has done and start praising him or reject what is happening and get sick with grief.

King David expressed it well under the anointing of the Holy Spirit. **Psalm 23.**

Remember, it's not so important how you begin your life after salvation, but how you finish it!

Do you have an ear to hear with?