

Sermon Notes

June 4, 2006

#1 The Power of the "Eyes"

Series: Finding Victory Within: How to Handle Your Emotions

1. 3 recommended readings; *You Can Control Your Feelings* (Bill Borchardt); *Healing the Child Within* (Charles Whitfield); *Listening for God* (Renita Weems)
2. All emotions (even negative emotions) are given by God and are _____, however it is our expression of those emotions that causes us problems.
3. God has given us the ability to _____ our emotions.
4. Emotional _____ is a foundation for happiness & peace in life
5. "Balanced & healthy emotions are found in a balanced & healthy thought life. For, many, if not most, of your emotions are a product of your thought-life."
 - a. In a majority of cases, what you _____ controls what you feel
6. Matthew 6:22-23, "The eye is the lamp of the body. If your eyes are good, your whole body will be full of light. But if your eyes are bad, your whole body will be full of darkness."
 - a. What you see affects the way you feel, because what you see affects the way you think.
 - b. If you find yourself feeling emotions that you do not like and that you do not want to feel, a starting point for healing is to do a little research into (evaluate) what you are feeding your _____
 - 1) We feed our minds negative, cynical, violent, abusive, selfish, and otherwise "dark" material from places we go, things we do & see
 - 2) We also *neglect* to feed our minds good, healthy, uplifting, wholesome, and otherwise "light" material from places we go, things we do & see

How much of your time is spent actively filling yourself up with positive, uplifting, healthy "stuff" that challenges you to grow & become a better person?

3 Principals for Emotional Health

1. Evaluate whatever it is that influences and feeds your mind on a given day
2. Evaluate your dominating _____
 - a. You cannot think one way, and become something else
3. Begin exchanging unhealthy thoughts for _____ ones when you find "darkness" in your heart, mind, and life
 - a. Have a daily devotional (Bible Reading & Prayer)
 - b. Listen to Good, Wholesome Music (throw away the trashy music)
 - c. Listen to sermon CD's, self-help book tapes, & so forth
 - d. Read Books related to Issues you are facing
 - e. Rid yourself of any material that tempts you to spend time in darkness
4. Be _____, forgive yourself and others, and celebrate short-term wins

2. good 3. control 4. balance 5. think 6b. mind 2. thoughts 3. healthy 4. patient