

ALL YOUR SOUL

Essentials for Personal Growth - Part 3 of 5

July 17-18, 2010 – Dr. Randall Pannell

And you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength.' (Mark 12:30; NLT)

Instead, I have calmed and quieted myself, like a weaned child who no longer cries for its mother's milk. Yes, like a weaned child is my soul within me. (Psalm 131:2; NLT)

I. Emotional Beings—made in the image of God

II. Emotions Out of Control—Unmanaged

*Then Saul admitted to Samuel, "Yes, I have sinned. I have disobeyed your instructions and the LORD's command, for I was **afraid** of the people and did what they demanded. But now, please forgive my sin and come back with me so that I may worship the LORD." But Samuel replied, "I will not go back with you! Since you have rejected the LORD's command, he has rejected you as king of Israel." As Samuel turned to go, Saul tried to hold him back and tore the hem of his robe. And Samuel said to him, "The LORD has torn the kingdom of Israel from you today and has given it to someone else—**one who is better than you**. And he who is the Glory of Israel will not lie, nor will he change his mind, for he is not human that he should change his mind!" Then Saul pleaded again, "I know I have sinned. But please, **at least honor me before the elders of my people and before Israel** by coming back with me* (1 Samuel 15:24-31; NLT)

III. Emotional Intelligence/Wellness

Definition:

A Person Who Is Emotionally Well:

- Manages stress effectively
- Is able to cope with negative feelings in healthy ways
- Maintains a sense of humor
- Focuses on solutions to problem and maintains a sense of perspective
- Receives and gives social support, empathy to and compassion to others, friends and/or family
- Recognizes emotions in oneself and in others and is able to respond effectively & purposefully.

IV. Emotional Wellness—Self Control, A Fruit of the Spirit

*The Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and **self-control**.* (Galatians 5:22-23; NLT)

Anger:

- a. It is a powerful survival tool
- b. It is a response to pain (physical or psychological)
- c. It is a source of energy
- d. Prolonged anger is unhealthy
- e. Repressed anger is also unhealthy

1. Accept that we are creatures made in the image of God, we are emotional beings.

*My **anger** burns against your shepherds, and I will punish these leaders. For **the LORD of Heaven's Armies** has arrived to look after Judah, his flock. He will make them strong and glorious, like a proud warhorse in battle.* (Zechariah 10:3; NLT)

2. Self-awareness. Do not ignore emotions, but take charge of your own emotions.

Stop being angry! Turn from your rage! Do not lose your temper-- it only leads to harm. (Psalm 37:8; NLT)

3. Personal Motivation. Yield/submit your emotional health to the Spirit of God.

Don't sin by letting anger control you. Think about it overnight and remain silent. (Psalm 4:4; NLT)

4. Employ your emotions as a follower of Christ, in your ministry.

- a. Empathy (sympathy)
- b. Compassion