

Emoticons

More Than Emotion

January 31, 2010 – Jeff Gunn

²²But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³gentleness and self-control. Against such things there is no law.

²⁴Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. ²⁵Since we live by the Spirit, let us keep in step with the Spirit. ²⁶Let us not become conceited, provoking and envying each other. (Galatians 5:22-26, NIV)

Three “loci” (places) of emotional control:

1. _____ and _____ provoke my emotional response.
2. I _____ my emotional response.
3. The _____ generates my emotional response.

²⁰I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me. (Galatians 2:20, NIV)

⁸Formerly, when you did not know God, you were slaves to those who by nature are not gods. (Galatians 4:8, NIV)

¹It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery. (Galatians 5:1, NIV)

Notes _____

1. The Spirit has _____ me and my heart.

³Are you so foolish? After beginning with the Spirit, are you now trying to attain your goal by human effort? (Galatians 3:3, NIV)

Notes _____

1. The Spirit wants to _____ my freed heart.

⁶Because you are sons, God sent the Spirit of his Son into our hearts, the Spirit who calls out, “Abba, Father.” (Galatians 4:6, NIV)

I keep in step with the Spirit by—

- _____ the Spirit: Asking for the Spirit’s presence

¹⁰Create in me a pure heart, O God, and renew a steadfast spirit within me. ¹¹Do not cast me from your presence or take your Holy Spirit from me. (Psalm 51:10-11, NIV)

- _____ the Spirit: Finding him in the Bible

¹⁷Take the helmet of salvation and the sword of the Spirit, which is the word of God. (Ephesians 6:17, NIV)

- _____ obstacles: Taking my sins to the cross

⁹Hide your face from my sins and blot out all my iniquity... ¹²Restore to me the joy of your salvation and grant me a willing spirit, to sustain me. (Psalm 51:9, 12, NIV)

- _____ stumbling blocks: Testing my actions

⁴Each one should test his own actions. (Galatians 6:4, NIV)

Notes _____

2. The Spirit will _____ my steps and _____ my heart.

My next steps in the “Cross-Walk”:

- Identify and understand the locus of control for your emotions.
- Get the Spirit involved with your emotions. Learn and use the process above to keep your heart in step with the Spirit.
- Meditate on and memorize Galatians 5:22-23.