

# I Can't Find an Emoji for That - Emotions

## Think About It

### Part 4

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## Sermon Description

In order to maintain a healthy emotional life, we must guard our thought life and think about the things we are thinking about. Our emotional reactions are directly related to our thoughts. Consider the objectives of this sermon as it relates to emotional and healthy spirituality:

- We have a responsibility to steward our emotions and, therefore, you have a responsibility to rule over them through the power of the Holy Spirit
- Although we are emotional beings, our emotions should not dictate to us, they are indicators and should not be dictators
- Healthy emotions are critical because they indicate how we will conduct our lives.

## Scripture Passage

Philippians 4:6-8

<sup>6</sup> Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;

<sup>7</sup> and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

<sup>8</sup> Finally, brethren, whatever things are **true**, whatever things are **noble (honest)**, whatever things are **just**, whatever things are **pure**, whatever things are **lovely** (friendly and acceptable) whatever things are of **good report (well-spoken of)**, if there is any **virtue (excellence)** and if there is anything **praiseworthy (commendable)**—meditate on these things.

## Eight Things to Think About According to Philippians 4:8

The apostle Paul instructed the believers in Philippi that the peace of God would rule their heart and mind in Christ Jesus. He encouraged them to mediate and think about eight specific things.

1. Things that are - true
2. Things that are - noble
3. Things that are - just
4. Things that are - pure
5. Things that are of a - good report
6. Things that are - virtuous
7. Things that are - praiseworthy

“**Think**”; logizomai - log-id<sup>1</sup>-zom-ahee (Strong's Concordance)

- Middle voice from G3056; to take an inventory, that is, estimate (literally or figuratively): - conclude, (ac-) count (of), + despise, esteem, impute, lay, number, reason, reckon, suppose, think (on).
- Total KJV occurrences: 41
- The middle voice – a voice where the actor acts....upon himself or herself reflectively for his or her own benefit

## Ten Things About the Renewed Mind

you have power over it	you are your thoughts
it needs to be renewed	needs to be guarded
It can run wild	it transforms your life
Wrong in = wrong out	it can understand God
it creates pictures	You see with it
it magnifies things	It is powerful

### Main Points

#### Sovereignty and Perspective

In the book of Colossians, Paul instructed the believers in the city to set their mind on these things that are above. In other words, they needed to obtain heaven's perspective in order to be emotionally healthy.

- Run in your own lane, be comfortable in and who you are and what God has made you to be
  - be comfortable that it is okay to be you
  - God sets people in place – these things come from Him
  - Focus on your assignment and on who you are
  - Be who God has made you today and stop trying to be someone else – stop the focus on your fame - God will always restrict our fame until we are settled with who you are in Christ – Focus on Christ
- Quotes:
  - “Don’t live life by accident” – Dr. Tony Soldano
  - “Think on the level that you have been anointed”- Bishop Tony Miller
- Psalms 75:6-7  
For exaltation comes neither from the east nor from the west nor from the south.  
7 But God is the Judge:  
He puts down one,  
And exalts another.

#### Power

Through the work of Holy Spirit, the believer has been given ability and power to have a sound mind. In fact, Paul wrote to the believers in Corinth instructing them that they actually have the mind of Christ.

- The power of a sound mind
- You have power over your own mind
- The mind always wants to lock you down and refuses to be renewed and/or trained – this will limit you
- “You have been given power that generates a sound mind”
- 2 Timothy 1:7  
For God has not given us a spirit of fear, but of power and of love and of a sound mind.

## Creativity

God has deposited amazing creativity within you. Your mind is literally a dream machine. You have the power through your renewed mind to create the preferred future. This is why it is absolutely critical that you steward your thoughts and emotions.

- Give yourself a power to think beyond your dreams—your soul always wants to lockdown your mind and not be renewed and/or trained
- Have an imagination room
- Illustration: I get thoughts in the dentist chair – most great thoughts are down deep within you
- Quotes:
  - “Never engage in an unknown future with a locked-up mind from the previous season”  
– Bishop Tony Miller
  - “Believe God for unusual things in this season.”

### **Isaiah 43:18-19**

<sup>18</sup>Do not remember the former things, Nor consider the things of old. <sup>19</sup> Behold, I will do a new thing, Now it shall spring forth; Shall you not know it? I will even make a road in the wilderness And rivers in the desert.

- Think on the level you have been anointed
- Your ability to move into your new season is dependent on your ability to perceive it.

## Personal Renewal

*“You can starve to death in a bakery...making bread only for others” – unknown.*

It is imperative, that we take care of ourselves and ensure that we are emotionally healthy. Activities and routines that empower us with systematic renewal will ensure that we are able to help ourselves and others.

- Times of solitude – where you shut down – disconnect
- Bring social media stats – always connected
- Focus on renewal activities
- Refresh priorities, visions and dreams – don’t do life by accident.

### **Psalms 46:10**

Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth!

### **Matthew 14:23**

And when He had sent the multitudes away, He went up on the mountain by Himself to pray. Now when evening came, He was alone there.

## Group Discussion Questions

1. Of the eight things that Paul encouraged the believers in Philippi to think about, what would be the top two that you need to focus on with Holy Spirit?
2. What tools and skills have you utilized in order to gain “heaven’s perspective” about your life?
3. What does a “sound mind” look like to you and what would be the opposite?
4. What does Paul mean by the word “power” in 2 Timothy 1:7?
5. What has been the most creative idea that you had in the last three months, six months, a year?
6. How can you give yourself more opportunity to be creative and to use your mind in this manner?
7. Identify the top three things you do in order to create systematic renewal in your life. In other words, what are the activities that replenish you physically, emotionally and spiritually?