

Hello, my name is Charles Gordon and let me welcome you to the Spoken Word broadcast for the second full week in the month of January.

In this program we are going to talk about Emotional Stability from a Christian perspective.

Under sufficient pressure, even the gentlest person can become irritable. However if slight irritations bother you or you are consistently in an irritable mood or you become easily nervous then I think the exploration of this topic will be helpful to you.

I'll be back to begin our look at the topic of Emotional Stability right after this.

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Our Emotions are God given part of our humanity. In fact the scriptures characterize God and humans as having emotions:

#### **Emotions shown by God and man**

1. **Love** Dt 7:7-8 *See also* Isa 43:4; Jer 31:3; Hos 11:1; Mk 10:21; Jn 13:1; 17:23; 1Jn 4:8,10,19; 1Sa 2:1; Ps 4:7; 28:7; 30:11-12; Lk 1:47; Ac 16:25
2. **Compassion** Ps 103:13 *See also* Ex 33:19; Dt 13:17; Jdg 2:18; Ps 116:5; Mt 9:36; 14:14; 15:32 pp Mk 8:2; Mt 20:34
3. **Joy and delight** Jer 32:41 *See also* Dt 30:9; Isa 62:4; Lk 15:32
4. **Anger** Ex 22:24 *See also* Dt 6:14-15; Jos 7:1; Jer 7:20; Eze 5:13; Mt 21:12-13 pp Mk 11:15-17 pp Lk 19:45-46 pp Jn 2:14-17
5. **Sorrow and pain** Ps 6:6-7 *See also* 1Sa 1:7-8,10; 2Sa 18:33; 1Ki 19:3-4; Ps 88:15; 119:28; 137:1; Jer 15:18; Mic 7:1; Jn 11:19,31,33; Ro 9:2-3
6. **Fear** Ex 3:6 *See also* Ge 18:15; Jos 9:24; Isa 35:4; 41:10; Mt 8:26 pp Mk 4:40-41 pp Lk 8:25; Mt 28:8 pp Mk 16:8
7. **God's people are to feel for one another** Php 1:7-8 *See also* Ex 22:21; 23:9; 1Co 12:25-26; 2Co 6:11-13; 7:2-3; 11:29

The scriptures highlight many valid and perhaps invalid reasons for our emotional experiences such as

1. **A sense of injustice** Ps 119:53 *See also* Job 19:7; Ps 82:2
2. **Frustration** Job 19:8 *See also* Job 23:8-9; 1Th 2:18
3. **Loss** Ge 27:34 *See also* Ru 1:20-21; Pr 5:11-14; La 1:12

4. **Bereavement** **2Sa 18:33** See also **Ge 23:1-2; 37:34-35; 50:1-3; Ex 12:30; Dt 34:8; 2Sa 19:4; Mt 2:16-18; Jer 31:15; Jn 11:32-35**
5. **Childlessness** **Ge 30:1** See also **1Sa 1:4-8**
6. **Spiritual loss** **Lk 13:28** See also **Jdg 2:4; Mt 25:11**
7. **Great fear** **Ge 45:3** See also **Ge 20:8; 32:7-8; Ex 20:18-19; 1Sa 17:24; 1Ki 19:3-4; Isa 21:2-4; Da 5:8-9; Lk 21:26**
8. **Guilt** **Mt 27:3-4** See also **Ge 3:8; Jn 16:8; Ac 2:37; Heb 10:2,22**

In the book of Isaiah Christ was described as being “despised and rejected by men; a man of sorrows, and acquainted with grief;” from Isaiah 53:3 (The first portion of that verse).

What is emotional stability and how to come to manage our actively govern our emotional state.

An emotional response is always valid, because it is part and parcel of who we are. Whether we show it or see it, we respond on an emotional level to the issues of life. Emotions are always there and ever present of our being.

Let’s encapsulate a definition of the construct or idea of Emotional stability in the bounds of an analogy that most of us who drive can identify with. Imagine yourself seated behind the wheel of automobile on a sunny mid-afternoon in the fall. You are making your way through the Colorado Rockies. On this leg of the journey, the roadway enters a sharp 7% decent. You release your foot from the gas pedal ready to apply the brake in order to maintain your decent at the legal limit of 70. Emotional stability is like the idea that when you are descending a hill or mountain you take your foot off the gas and use the brakes of the car to manage your speed.

In life, emotional stability is a decision that you make ahead of time to use brakes when faced with a decent or to give gas when faced with an uphill struggle.

From a Christian view point, emotional stability is built on peace. The living God provides us with a precious resource called peace and it is our responsibility to manifest that peace in our emotions at all time and everywhere.

Romans 5:1 (NIV)

**5** *Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ,*

Everything I say from here on, is based on the assumption that you have been justified through faith in what Christ did on the cross. Therefore my focus will be to characterize 3 elements that will help you to develop emotional stability; perhaps to strive towards the mark of never allowing your emotions to run wild.

The ideas I will share will not necessarily be appropriate if you are aware that you are carrying heavy, serious emotional baggages from rejection or abuse.

Let me use the language of 21<sup>st</sup> century warfare to articulate the limitations of the broadcast. The scriptures tell us that we are at war. The spirit of the living God will identify to you, through the preaching of the word, the conviction power of the spirit and your conscience, the high value targets of your sinful nature that must be taken down in order for the work of Christ to advance forward in your life. A high value target is something in your nature that the enemy requires for the completion of his mission.

I'm pleading with all of you listening to me to take some time and allow the preaching of the word with the conviction power of God's Holy Spirit to expose the high value targets that have come into your life as a result of the fact that you have been born into a fallen race. From the beginning of your existence in your mother's womb the cards were stacked against you. They were stacked against us. The world system and its cultures have been seriously warped by the sin principle. We live in a world that is in active rebellion against the natural laws of Christ. And as a result we all come to Christ with high value targets that will not be destroyed without the power of God.

The power can be activated through a variety of means. One often neglected means is counseling.

IF YOU ARE AWARE OF THAT YOU HAVE A NEED FOR EMOTIONAL STABILITY SEEK COUNSELLING.

I'll be back to highlight 3 elements of the lifestyle of emotional stability right after this.

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The purpose of emotional stability is to maintain the welfare of others.

Ephesians 4:1 -3

**4** I therefore, <sup>m</sup>a prisoner for the Lord, urge you to <sup>n</sup>walk in a manner worthy of <sup>o</sup>the calling to which you have been called, <sup>2</sup> with all <sup>p</sup>humility and <sup>q</sup>gentleness, with <sup>r</sup>patience, <sup>s</sup>bearing with one another in love, <sup>3</sup> eager to maintain the unity of the Spirit in <sup>t</sup>the bond of peace.<sup>1</sup>

Three elements of the lifestyle of emotional stability are:

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<sup>1</sup> *The Holy Bible : English standard version*. 2001. Wheaton: Standard Bible Society.

1. Awareness that your behavior has influence on others: therefore you can't say anything and do anything you please
2. Awareness that we have a finite span of control; there are some things over which you have zero controls
3. Addresses issues as they arise by setting boundaries and limits

That's it for this week. In our next program we will tackle each of the three points. I'm Charles Gordon and until next time Live Big in Christ.