

## Ruling Your Spirit

It's becoming more critical that we make good decisions.

**(1Jn 5:18-19)** <sup>18</sup>We know that whoever is born of God does not sin; but he who has been born of God keeps himself, and the wicked one does not touch him. <sup>19</sup>We know that we are of God, and the whole world lies under the sway of the wicked one.

Pay attention to the sway: Emotional reaction, thinking, reasoning, decision making  
(express/validate feelings – radical emotional response to perception)

Dangerous – emotional thinking is easily manipulated and controlled

**(Pr 25:28)** Whoever has no rule over his own spirit is like a city broken down, without walls. (Explain picture)

If you can be emotionally provoked, you surrender control. (ex: sports)

Emotional thinking is the devil's home field advantage.

If you don't rule your emotions, he'll rule you through them.

Emotions can make us say and do things we don't really mean. (poor decisions)

Words have power. (Mt 12:36-27, Amos 3:3)

Actions speak. (ex: spanking ~ control behavior vs. emotions rule)

Children must be taught to rule their spirits. (this generation?)

I'm not advocating becoming Spock.

God has emotions: Joy (Jn 15:11), Sorrow (Jn 11:35)

We're made in His image, emotions are God given.

We were never meant to be lead or make decisions by our emotions.

("feelings", "emotions" biblically a non-issue)

(Jn 11:5-6) <sup>5</sup>Now Jesus loved Martha and her sister and Lazarus. <sup>6</sup>So, when He heard that he was sick, He stayed two more days in the place where He was.

### Rachel's Dream

World says Feelings = Reality

Corollary: not feeling = not real (renders Bible moot)

We don't Validate Feelings, we Validate Truth.

Because Feelings can Lie. (We end up validating lies.)

How do we Rule over our Spirits?

Truth! (necessary for reasoning, decision making)

Maturity is making right decisions regardless of feelings.

Often the feelings will follow. (ex: forgiveness)

### Marsha Story (Jesus – Mt 4)

Tell your spirit truth. (Heaven's home field advantage.)

The devil may be able to control people through emotional manipulation,  
but God's word controls the devil!