

It is **NORMAL** to *feel emotions*, but  
*DO NOT TRUST THEM.*

**Jesus** did not **tell us** *so many times* not to **fear because** we would ***never feel fear.***

No. He knew we would feel *EMOTIONS* but warned us ***NOT to trust them!***

***Recognize*** that **your emotions** can be used **against you** by a *demonic influence.*

Take **control** of your **feelings** ***BY*** taking **control** of your **thoughts.**

**Learn** scripture **verses** and **fill up** your thoughts **with God's word** and your ***FEELINGS*** will **fall in place.**

**Do not trust** the **fear**, the **anger**, or even the **HAPPINESS** you **feel**. These feelings are **REACTIONS** to outside forces.

**Therefore submit to God.** Resist the devil and **he will flee from you.**

*James 4:7 NKJV*

**Our feelings** are fickle, **unsteady**.

God's Word **NEVER** changes.

**Feelings** are often a **result** of the **fallen**, human *thoughts of our hearts*.

**God's Word** is the **result** of the **Holy Spirit**.

This might be a **tough one**,  
but it is **worth** looking into....

If you are **HAPPY** about  
*something...*, **recognize what** it  
is that is making you happy.

**If** the **object** of your **happiness** is  
a **SIN** or **conflicts with** the  
Bible's **teachings**, then **YOU KNOW**  
it is **WRONG** to find **pleasure** or  
**happiness** in it.

PUT ASIDE your happiness  
and **REALIGN YOUR HEART**  
with **GOD'S WORD**.

**JOY** will come from **obeying God**.



**See page 43 for a Prayer to be Saved**



“Be angry, and **do not sin**”: do not let the sun go down on your wrath,

[ *Sometimes it is normal to feel **anger**. So, to feel anger is **NOT** a **sin**.* ]

*But do not commit a sin BECAUSE OF your anger. And do not stay angry. This is why we are commanded to forgive others. ]*

[ *Interjections in brackets* ] **Ephesians 4:26 NKJV**

If you are **ANGRY** or *frustrated*, **recognize** what it is that is **making you FEEL** the anger or **frustration**.

Then **seek God's will** and **set your heart to obey God**.

**Line up** Your **HEART** and Your **MIND** with the **TRUTH of GOD'S WORD**.

If you **struggle** with this, **ask God** for help. **He will help you!**

I can do all things through **Christ who strengthens me**.

**Philippians 4:13 NKJV**