

Without knowledge of or adherence to God’s Word (His provision, protection

and guidance) our emotions will be dependent on our current knowledge and

life experiences.

Mind, Will, Emotions

“In Touch with People-Reason”

Basic Emotions

Fear, Anger, Happiness, Sadness

Man is made up of three parts, Body, Soul and Spirit, 1 Thess 5:23, Heb 4:12

\*The physical body responds to events we face on a daily basis, what we

see, hear, taste touch/feel or smell, Luke 9:23, Gal 5:24, 1 Cor 9:27

\*The physical senses trigger one of four basic emotions, fear, anger, happiness or sadness in our mind that cause chemicals (neurotransmitters) to be produced.

\*The senses, emotions and neurotransmitters were designed by God to protect and help us function on the earth. In alignment with His Word.

\*Without knowledge of or adherence to God’s Word (His provision, protection and guidance) our emotions will be dependent on our current knowledge and life experiences. If we allow negative emotions to rule in our life for extended periods of time our neurotransmitters become imbalanced and we open ourselves up for health and performance issues.

The only emotion which brings balance to neurotransmitters is “joy”. Prov 17:22, John 15:11, Jeremiah 15:16, Neh 8:10.

See, Hear, Taste, Touch/Feel, Smell

“In Touch with the World”

The spirit part of man died

in the Garden due to Adam’s sin. Jesus

death and resurrection allows the spirit

part of man to be born again. This is the part

of man that allows us to be in touch with God,

Gen 3, John 3:4-6

**WALKING IN HEALTH DURING TIMES OF CHALLENGE**

**Physical (Body)/Psychological (Soul)/Spiritual (Spirit)**

A healthy body is more than keeping clean and staying away from disease. A healthy body begins in the mind-Psychological. In the World we are so focused on the physical part of our being or life. Probably because that is what we see when we look in the mirror and what others see when they look at us. Even though that is how we are, we need to consider the inward part of our life. In fact, God’s Word says in Proverbs 14:30, that a calm and undisturbed heart and mind is the life and health of the body. In Matthew 15:11, Jesus told us that it is not what goes into the mouth of a man that defiles him, but what comes out. Proverbs 17:22 says that a joyful heart does good like a medicine. Even though God is the one who told us these things two to three thousand years ago, science is now confirming that these principles in God Word are true. Scientists have discovered that people who deal with challenging situations with a positive attitude maintain a level of happiness which keeps them healthier than those who choose to have a negative, grumbling and angry attitude. We now have a glimpse as to why.

You have over 100 chemicals in your body which allow your body to function properly: restful sleep, digest food properly, brain function to process information properly, etc… These chemicals are called neurotransmitters. They are produced by the body based on emotional reactions or responses to things which happen to us. For example, if you become scared or fearful, your brain/body will produce epinephrine. You deal with the situation appropriately and the epinephrine levels go back to functional levels If you do not deal with the fear situation appropriately and you allow it to persist, it will eventually impair your health and performance. Realize, your emotions trigger the release of neurotransmitters. Science has found that the only long-term emotion which balances the neurotransmitters is happiness or joy. All other long-term emotions will imbalance the neurotransmitters, creating opportunity for low performance, disease and disorders in the body. Science has proven what God said over 3000 years ago in Prov 14:30, “A calm and undisturbed heart and mind is the life and health of the body, but envy, jealousy and fear will rot the bones”. Proverbs 12:6, says that “the words of the wicked lie in wait for blood, but the mouth of the upright will deliver them”.

**Walk by God’s Word - NOT EMOTIONS**

2 Corinthians 5:7, Revelation 12:11

**Fear** - 2 Timothy 1:7, 1 John 4:18, Isaiah 41:10,

Proverbs 3:5-6

**Anger** – James 1:19-20, Matt 6:14-15,

Romans 12:21

**Sadness** – Isa 61:3, 1 Peter 5:7, Psalm 34:17-18, Psalm 121, John 16:33

**Happiness/Joy** – Proverbs 17:22,

Nehemiah 8:10, John 15:11

**Walking in Health and Victory**

**Spend time in God’s Word**

Matthew 6:33

Proverbs 8:34

**Know the promises of God**

Hosea 4:6

Proverbs 10:21

Job 36:12

**Stand on the promises of God**

2 Corinthians 1:20

Exodus 23:25

1 Peter 2:24

Isaiah 54:17

**Pray the promises of God**

1 John 5:14

Luke 18

**Use your tools – Take Authority**

Luke 10:19, Matt 18:18, Proverbs 12:6, John 14:16-17, Jude 1:20

**Life**

Psalm 118:17

Phil 4:13

Phil 4:19

**Death**

Sick

Tired

Confused

Scared

   

