

¹¹ I am not saying this because I am in need, for I have learned to be content whatever the circumstances. ¹² I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. ¹³ I can do all this through him who gives me strength.

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We then talked about how it seems that everyone today is being "**Triggered**" into behaving badly. Being triggered is basically when you experience an intense negative emotional reaction in response to a current situation that is disturbing to you. That's all well and good until that emotional reaction turns into a physical action.

We looked in **Genesis** again to see what happened when Cain became **enraged** with **anger** that was triggered by his **jealousy** of his brother Able. He became the first murderer in history.

We also looked at King David who was triggered by his **lust** for Bathsheba and committed adultery. Later, when she became pregnant, he was triggered again by his **fear** of his adultery being discovered and he had her husband killed in battle. Adultery and Murder (2 of the top 10) both caused by his emotions.

We said all through the Bible we can find people being emotionally triggered causing them to do all kinds of terrible things. We see the same thing happening in the world today as well.

We also looked at how our emotions can not only lead us to do terrible things they can also keep us from receiving God's promises.

We looked at how the Israelites were kept from entering the Promised Land and had to wander in the wilderness for 40 years because their **fear** led them to **doubt** God's Word.

That's why we also see, all through the Bible, repeated warnings about letting our emotions control our actions.

We read verses from **Ephesians**, **Proverbs**, and all through the book of **Psalms** talking about controlling our emotions and even looked at the **Fruit of the Spirit** to see that **Self-Control** is included.

We agreed that uncontrolled emotions can only lead us to trouble. So, what can we do about it?

First, **STOP!**

Triggered uncontrolled emotions have all their power over our actions only in the immediate reflexive reaction to an issue without thinking about it.

When we pause, for just a moment, we take away that power to think about what is happening, think about

what emotion we are feeling, and think about the Godly way we should respond instead of reacting in a worldly way.

Using King David as an example again, we said that despite all of his mistakes and bad decisions, he ran to God to His Grace and Mercy rather than running away and hiding from Him as Adam & Eve did. He also spent a lot of time talking with God about the emotions he was feeling. He wrote many of these down in nearly half of the **Book of Psalms**.

Finally, we looked at Paul in **Philippians 4** where he talks about how he was able to find **Joy** and **Contentment** in every situation (good or bad). This not only allowed Paul to experience **God's Joy** in the least likely of circumstances (in prison) but it also allowed him to minister and spread the **Gospel** to those who would not have heard it any other way.

We said that is a great example of how God can use any circumstance for His Goodness.

We closed with saying that no matter what we are feeling it is already accounted for in the Bible. With today's technology, it's especially easy to find the perfect place(s) to look for answers to any emotional issues we may come across in our lives.

To help get started looking to God's Word for answers to any emotions we may experience (good or bad) we handed out an [Emotion Wheel](#) to help guide us to specific verses that relate to specific emotions.

We also handed out a [list of Psalms](#) that could be helpful for finding answers about various emotions that we feel.

End of Summer Pizza Party!
Friday, September 15th @6:30pm

**END OF
SUMMER
PARTY!**

6:30pm-10:30pm
Friday, September 15

**GAME
NIGHT**

**Pizza
PARTY**

Bring Your Friends!

**1 Youth
Grades 7-12**

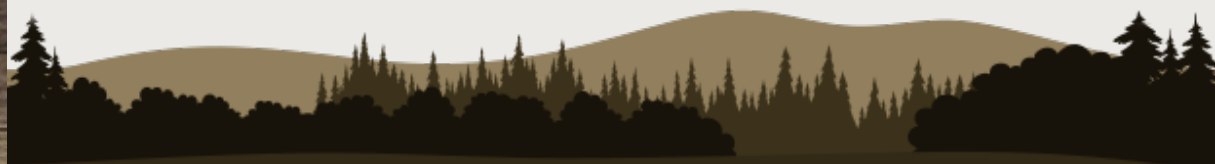
1 Youth: Coffee Q&A With Michelle
Grades 7-12

WHO? WHY? HOW? WHAT? WHERE?

Sundays After 1st Service

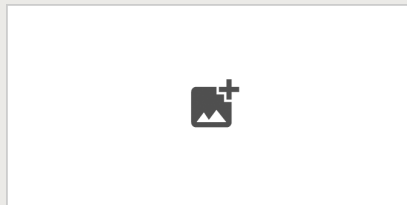
Coffee Q&A with Michelle
after 1st service **Every Sunday!**

Join us in the Youth Room every Sunday, after 1st service, for refreshments in a casual atmosphere for an opportunity for you and your friends to ask questions and discuss answers to your most pressing questions about God, Jesus, the Bible, other Religions, Christianity, or just about Life in general.



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