

Emotional Nourishment Calms Our Nerves

God's word offers emotional nourishment to **calm our nerves**.

Emotions are meant to report to you, **not dictate** you.

Psalm 145:8-9 NCV The Lord is kind and shows mercy. He does not become angry quickly but is full of love. 9 The Lord is good to everyone; he is merciful to all he has made.

Christianity taps your entire **core feelings** and raw emotions.

God wants us to **guard & control** our emotions because they can harm us physically & spiritually.

Emotions give you a reading on where your hope is because your emotions are wired into what you **believe**.

God designed your emotions to be **gauges not guides**.

Psalm 145:10-12 NCV Lord, everything you have made will praise you; those who belong to you will bless you. 11 They will tell about the glory of your kingdom and will speak about your power. 12 Then everyone will know the mighty things you do and the glory and majesty of your kingdom.

There is God **shaped placed** in every heart that only He can fulfill.

At some point every person will **bow** before God and acknowledge Him.

Romans 14:10-11 NIV You, then, why do you judge your brother or sister? Or why do you treat them with contempt? For we will all stand before God's judgment seat. 11 It is written: As surely as I live, says the Lord, every knee will bow before me; every tongue will acknowledge God.

Every person will stand before God's court of justice ...His **judgment seat**.

When a person **blesses** God they recognize and understand what God has done for them.

Luke 17:12-19 AMP As He entered a village, He was met by ten lepers who stood at a distance; 13 and they raised their voices and called out, Jesus, Master, have mercy on us! 14 When He saw them, He said to them, Go and show yourselves to the priests. And as they went, they were [miraculously] healed and made clean. 15 One of them, when he saw that he was healed, turned back, glorifying and praising and honoring God with a loud voice; 16 and he lay face downward at Jesus' feet, thanking Him [over and over]. He was a Samaritan. 17 Then Jesus asked, Were not ten [of you] cleansed? Where are the [other] nine? 18 Was there no one found to return and to give thanks and praise to God, except this foreigner? 19 Jesus said to him, Get up and go [on your way]. Your faith [your personal trust in Me and your confidence in God's power] has restored you to health.

Those who bless God **understand** the glory of His kingdom and His power.

Emotions benefit and are calmed, balanced & healthier to keep us **moving forward** on our journey with God.

A person who loves God learns not to **be afraid** of their emotions and realizes emotions are a gift of God.

Ecclesiastes 3:1-8 MEV To everything there is a season, a time for every purpose under heaven: 2 a time to be born, and a time to die; a time to plant, and a time to uproot what is planted; 3 a time to kill, and a time to heal; a time to break down, and a time to build up; 4 a time to weep, and a time to laugh; a time to mourn, and a time to dance; 5 a time to cast away stones, and a time to gather stones; a time to embrace, and a time to refrain from embracing 6 a time to gain, and a time to lose; a time to keep, and a time to cast away; 7 a time to tear, and a time to sew; a time to keep silence, and a time to speak; 8 a time to love, and a time to hate; a time of war, and a time of peace.

Emotions **bridge** our thoughts, feelings and action for good or for bad.

Psalm 145:13-14 NCV Your kingdom will go on and on, and you will rule forever. The Lord will keep all his promises; he is loyal to all he has made. 14 The Lord helps those who have been defeated and takes care of those who are in trouble.

We are emotional beings and are created to be **alive and to feel** and experience our emotions.

How can I apply Message this Week?

Read Psalm 145 once-a-day this week.