

# Jesus Is Lord!

(Yes, even over our emotions!)



*2014 Women's Preached Silent Retreat*



# Baggage & Cargo

- ✿ *Clark's story (Colbert pp.ix-x)*
- ✿ *People carry all kinds of toxic emotions that are greatly damaging their ability to be happy and pursue healthy relationships with God and people.*
- ✿ *God can heal us from these things and bring us into freedom.*



# Emotional Roller Coasters

- ✿ *Sap a person of both physical and psychological health, often leaving a both mind and body depleted of energy and strength.*
- ✿ *Life is like a roller-coaster (Colbert p.x-xi)*
- ✿ *The connection between faith and our emotional/spiritual health must be established (story of Paul)*



# Medical Facts

Colbert x-xii

- ✿ *The mind and body are linked. How you feel emotionally can determine how you feel physically.*
- ✿ *Certain emotions release hormones into the physical body that, in turn, can trigger the development of a host of diseases.*
- ✿ *Researchers have directly and scientifically linked emotions to hypertension, cardiovascular disease, and diseases related to the immune system. Studies have also highly correlated emotions with infections, allergies, and autoimmune diseases.*



# Medical Facts

Colbert x-xii

- ✿ *Specifically, research has linked emotions such as depression to an increased risk of developing cancer and heart disease.*
- ✿ *Emotions such as anxiety and fear have shown a direct tie to heart palpitations, mitral valve prolapse, irritable bowel syndrome, and tension headaches, as well as other diseases.*



# Good News!

- ✿ *With God's help we can begin to walk by faith and not by our emotions.*
- ✿ *We can live a healthier lifestyle and be more integrated.*
- ✿ *We can be more creative in coping with things that are beyond our control.*



# How Was Your Day?

- ✿ *Ben's Story (Colbert p.5)*
- ✿ *Between 75 and 90 percent of all visits to primary-care physicians result from stress related disorders.*
- ✿ *The Worst Things You Can Feel For Your Heart (Karl's story.....p.34-35)*
- ✿ *The reality of hostility (can end in early death)*



# Hostility

- ✿ *Hostile people internalize or bury their anger. (Pressure cooker syndrome)*
- ✿ *High-hostility people tend to be smokers, drinkers, and overeaters. They also tend to have higher cholesterol levels.*
- ✿ *Expect others to read their body language and need to learn how to validate and express their anger in healthy ways.*



# God's Answer

Ezekiel 11:19-21

*And I will give them another heart and a new spirit I will put within them. From their bodies I will remove the hearts of stone, and give them hearts of flesh, so that they walk according to my statutes, taking care to keep my ordinances. Thus they will be my people, and I will be their God.*

*But as for those whose hearts are devoted to their atrocities and abominations, I will bring their conduct down upon their heads—oracle of the Lord GOD.*



# The Trap of Bitterness & Resentment

- ✿ *Resentment: bitter indignation at being treated unfairly*
- ✿ *(Lois' story....Colbert 117)*
- ✿ *Hatred demands more and more emotional space until it crowds out all positive emotions.*
- ✿ *Just as love is the most powerful positive emotion, hatred is the most powerful negative one. Resentment, bitterness, and anger are the dark pathways to this harmful passion.*



# Hate Begins With A Grievance

- ✿ *Something happens in life that we didn't want to have happen.*
- ✿ *We deal with the problem by thinking about it too much.*
- ✿ *People who harbor unforgiveness tend to fume. They exhibit a constant state of irritation, frustration, and hostility. They tend to overreact at the slightest provocation. They spend a dollar's worth of energy on every two-cent problem that comes along. If someone snipes at them at the gas station on the way to work, they can't stop talking about that comment three days later. Negative thoughts churn and churn inside them until negativity consumes them.*



# Grievance Stories

- ✿ *Account of a painful experience from an unhealed past.*
- ✿ *The story keeps the person stuck in painful memories.*
- ✿ *Endless loop of grievance stories are actually ineffective attempts to enforce unenforceable rules.*
- ✿ *Serenity prayer....what can I control what can't I?*
- ✿ *Ultimately, forgiveness is the remedy that is needed.*



# Guilt & Shame

- ✿ *Becky's story (Colbert pp.83-84)*
- ✿ *Guilt is a state of having done something wrong or having committed an offense, legal or ethical. Guilt is a painful feeling of self-reproach for having done something that we recognize as being immoral, wrong, a crime, or a sin.*
- ✿ *Shame: a painful feeling of humiliation or distress caused by the consciousness of wrong or foolish behavior*



# The Effects of Guilt & Shame

- ✿ *People who feel guilt and shame often walk with stooped shoulders, their heads hanging. They convey the appearance they want to hide.*
- ✿ *Shame is often learned from parents who ridicule or humiliate their children in front of their siblings or peers. A teacher, coach, or other authority figure, or even a school bully, can humiliate and shame children.*



# God's Mercy

- ✿ *Shame and guilt melt away when encountering God's mercy.*
- ✿ *People won't always be merciful but God always stretches out a hand of mercy to us.*
- ✿ *People need to appropriate the grace of Calvary and allow the Holy Spirit to heal dramatic experiences leading us out of fear into boldness.*



# Alabaster Box

by CeCe Winans

✦ [http://youtu.be/IsjO5u\\_d-oY](http://youtu.be/IsjO5u_d-oY)