



I'M NOT OKAY, BUT I WILL BE

Part 1: "I Second That Emotion"

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Pastor Chris Jung

I DON'T HAVE TO HOLD BACK MY EMOTIONS WHEN THEY...

1. ...REFLECT GOD'S NATURE AND CHARACTER IN MY LIFE

"God spoke: 'Let us make human beings in our image, make them reflecting our nature'...God created human beings; he created them godlike, reflecting God's nature. He created them male and female.

Genesis 1:26-27 (MSG)

"Jesus wept."

John 11:35 (NIRV)

"And do not bring sorrow to God's Holy Spirit by the way you live."

Ephesians 4:30 (NLT)

"As a groom takes joy in his bride, so your God will take joy in you."

Isaiah 62:5 (TVB)

1.

“There are six evils God truly hates and a seventh that is an abomination to him”

Proverbs 6:16 (TPT)

**2. ...EXPOSE THE PLACES WHERE I NEED
HEALING AND WHOLENESS**

“Above all, be careful what you think because your thoughts control your life.”

Proverbs 4:23 (ERV)

“You can recognize fools by the way they give full vent to their rage and let their words fly!”

Proverbs 29:11 (TPT)

“Anxious fear brings depression, but a life-giving word of encouragement can do wonders to restore joy to the heart.”

Proverbs 12:25 (TPT)

“Everyone is tempted by his own desires as they lure him away and trap him. Then desire becomes pregnant and gives birth to sin. When sin grows up, it gives birth to death.”

James 1:14-15 (GWT)

3. **...ALLOW ME TO REACT THE RIGHT WAY AT THE RIGHT TIME**

*“There is a time to cry and a time to laugh.
There is a time to be sad and a time to
dance with joy.”*

Ecclesiastes 3:4 (ERV)

*“When others are happy, be happy with
them. If they are sad, share their sorrow.”*

Romans 12:15 (TLB)

4. **...ARE REMINDED OF WHO'S IN CHARGE**

“But don't let the passion of your emotions lead you to sin! Don't let anger control you or be fuel for revenge, not for even a day. Don't give the slanderous accuser, the Devil, an opportunity to manipulate you!”

Ephesians 4:26-27 (TPT)

“If you live without restraint and are unable to control your temper, you're as helpless as a city with broken-down defenses, open to attack.”

Proverbs 25:28 (TPT)

“Do you want to be a mighty warrior? It’s better to be known as one who is patient and slow to anger. Do you want to conquer a city? Rule over your temper before you attempt to rule a city.”

Proverbs 16:32 (TPT)

“For God will never give you the spirit of fear, but the Holy Spirit who gives you mighty power, love, and self-control.”

2 Timothy 1:7 (TPT)