

**E M O T I O N S A R E :**

**MESENTERS:**

Emotions are messengers of internal beliefs about God, self and others. Emotions remind us of our need to relate to God and see life from His perspective.

**MESSY:**

When they seem more true than God's word. Emotions are messy when they become the final authority in our life, controlling our beliefs and behavior.

**MANAGEABLE:**

The REED process is continuous and life-long. For our emotions to be manageable we must relate to God and allow Him to renew our minds with Truth.

Cast all your cares upon Him, for He cares for you. 2 Peter 5:7

# God says that in Christ I am . . .

a new creation . . . . . 2 Cor. 5:17, Eph. 4:22-24  
adequate in Christ . . . . . 2 Cor. 3:5-6  
totally forgiven . . . . . Col. 2:13  
of great value . . . . . Matt. 10:30-31, I Peter 1:18, 19  
God's child . . . . . John 1:12, I John 3:1-2  
God's co-worker . . . . . I Cor 3:9,11, II Cor 6:1  
a saint . . . . . Eph 1:1; Col 1:2  
God's masterpiece! . . . . . Eph 2:10  
Jesus' friend . . . . . John 15:15  
one spirit with Him . . . . . I Cor 6:17  
perfect and complete . . . . . Col 2:10, Heb. 10:14  
free from condemnation . . . . . Romans 8:1  
holy and blameless . . . . . Eph. 1:4, Col. 1:22  
completely accepted . . . . . Romans 15:7  
partaker of His divine nature . . . . . II Pet. 1:3-8  
empowered with His strength . Eph. 1:19, Phil. 4:13  
unconditionally loved . . . . . John 15:9, 16:27

dead to sin . . . . . Romans 6:11, 8:2  
being transformed . . . . . Romans 12:1-2  
joint heir with Christ . . . . . Romans 8:17  
reconciled to God . . . . . Romans 5:1, I Cor. 6:11  
never alone or forsaken . . . . . Heb 13:5b  
indwelt by God's Spirit . . . . . I Cor. 3:16, 6:19  
no longer under the law . . . . Gal. 2:19-21, 3:12, 13  
precious in His sight . . . . . Isaiah 43:4  
eternally saved . . . . . Eph. 2:8, I John 5:11-13  
safe and secure . . . . . Psalm 32:7, 91, Isaiah 43:1-3  
chosen by God . . . . . I Pet. 2:9  
absolutely righteous . . . . . Romans 8:10, II Cor. 5:21  
uniquely gifted by God . . . . . Rom. 12:4-8, I Cor. 12  
a victorious . . . . . I John 4:4, Rom. 8:37, II Cor. 2:14  
overcomer  
blessed with every . . . . . Eph. 1:3, Rom. 8:32  
spiritual blessing . . . . . I Cor 3:21-23

## MY HEAVENLY FATHER IS...

Compassionate - He cares about me and all my problems . . . . . 2 Cor. 1:3; 1 Peter 5:7  
Powerful - He is strong and His strength becomes my strength . . . . . Ps. 93:1; 2 Cor. 12:9,10; Eph. 6:10  
Ever Present - He is with me and in me. He will never leave me or forsake me . Heb. 13:5,6; Matt. 28:20  
Loving - He loves me for who I am, not for what I do . . . . . John 3:16; Rom. 5:8; 1 John 4:9,10  
Approving - His approval of me is based on who I am in Him and not on what I do . . John 6:27; Col. 3:3  
Listening - He listens to His children and takes time to be involved with me. . . . . Ps. 55:17  
Awesome - He is awesome in His ability to love and protect me . . . . . Ex. 15:11; Ps. 99:3  
Victorious - He is victorious over all things and makes me victorious. . . . . Zeph. 3:17; Rom. 8:37  
Honorable - My Father is distinguished and upright. I am proud to call Him my Father. . . . . Phil. 2:9  
Good - My Father is good in every sense and gives to me out of His goodness . . . . . Ps. 34:8; Ps. 106:1  
Just - My Father is impartial. He will be just with me no matter what . . . . . Deut. 32:4; Rom. 2:11  
Forgiving - He has forgiven me totally for all my sins, past, present, and future Ps. 103:10,12; Heb. 10:17  
Protective - My Father protects me as His precious child . . . . . Ps. 91; Ps. 118:6-9; 2 Thess. 3:3  
Sufficient - He is enough for every need, in every situation. . . . . 2 Cor. 9:8; 2 Cor. 12:9,10; Eph. 3:20  
Kind - He is considerate and always encouraging to me. . . . . Ps. 103:13; Rom. 2:4; Eph. 1:5  
Faithful - His absolute faithfulness to me will never lag or end . Num. 23:19; Ps. 89:1,2,5,8; Lam. 2:23-24