

R.E.A.C.T. TO YOUR EMOTIONS:

R -	RECOGNIZE	the real problem
E -	EVALUATE	your thoughts; ask God what you are thinking
A -	AFFIRM	by admitting you alone are accountable for your emotions
C -	CONFRONT	in faith; recognize your emotions seem more real than God's Word
T -	TRUST	in God, His Word and the Holy Spirit to work in your life

RECOGNIZING OUR EMOTIONS:

In recognizing what emotion we are experiencing, we need to ask ourselves, "Has something made me produce this emotion, or do I feel this all the time?" In either case, recognizing our emotions and the source of that emotion is necessary in dealing with it.

EVALUATING OUR EMOTIONS:

Start by acknowledging what emotion you are experiencing. We can ask God, "How am I responding to people, situations and circumstances" to help identify what I am feeling. Then begin to ask God what your thoughts and beliefs are that are causing this emotion to surface.

AFFIRMING OUR EMOTIONS:

Affirmation is simply admitting to something in your life God needs to deal with. It is so easy to become upset at a person instead of dealing with what is going on inside us. The Bible teaches we are accountable for the decisions we make. Remember, we are responsible for our emotion, no matter the cause. No one puts the emotion in us, they simply bring it out.

CONFRONTING THE EMOTIONS:

You cannot appease an emotion; you simply confront it in faith and allow the Holy Spirit to do His work. With any emotion, we need to enlist the power of the Holy Spirit in addressing it. It might take time but God's promises never fail and He will allow you to overcome the destructive power of the emotion in your life.

TRUSTING GOD:

There can be no real or meaningful changes in lifestyle apart from the work of the Holy Spirit.