



John 15:11, “I have told you this so that my joy may be in you and that your joy may be complete (NIV).” John 15:11 - “I have told you these things so that you will be filled with my joy. Yes, your joy will overflow (NLT).

Joy is intertwined with Jesus. “David once said in Psalm 122:1, I rejoiced with those who said to me, “Let us go to the house of the Lord.” (NIV).” People should not go to church begrudgingly but gladly. You can’t endure what you do not enjoy. I can imagine Jesus during the time that He was praying before he was crucified on the cross. He prayed, “Father, if you are willing, take this cup from me; yet not my will, but yours be done (Luke 22:42 NIV).” I believe that Jesus found joy despite the suffering because He’s obeying the will of the Heavenly Father and His suffering will save us from hell.

Jeremiah 17:9, “The heart is deceitful above all things and beyond cure. Who can understand it (NIV)?” In this series, I believe God wants to change our EMOTICONfusion to EMOTICONtroll. And we’re going to learn from the wisest man ever born, King Solomon. Proverbs 4 gives us instruction on how to control our emotions. Emotions matter! We can do something that is contrary to what we believe because of certain emotions that we have.

A person can suffer for several years from the emotions that he had on certain day of his life. How many people murdered someone because of uncontrolled anger? How many got divorced because of sadness? How many got fired because of their moody at work? If they feel like smiling at you, they'll smile. If they feel like frowning or not talking to you, you are invisible.

God is holistic. He's not only interested of saving you spiritually. He wants to give you a new life together with the new spirit. God wants to give you a new countenance, a new heart. He wants to change you as He touch your life.

*How can a person have transition from EMOTICONfusion to EMOTICONtrol?*

### **GUARD YOUR HEART**

Proverbs 4:23 - "Above all else, guard your heart, for everything you do flows from it (NIV)." Church, we have to guard our heart. Why do we have to guard our heart? Everything flows from our heart. Solomon could have said, "Above all else watch your money. Above all else take care of your body." But he didn't say that. Definitely, there are a lot of important things we have to guard in our life. However, heart is the first thing that we should guard in our life.

Imagine we protect our diet, we protect our skin, we guard our treasures/jewelry, but we don't protect our heart. We don't guard our mind and attitude. Attitude is not complicated. The attitude of your heart simply reflects the activity of your mind. Proverbs 23:7a - "For as he thinks in his heart, so is he (NKJV)." Some people separate the heart from the mind. We would often say, "Separate your mind from your heart. Choose your spouse using your mind and not your heart."

If it's in your head, it will eventually get into your heart. And if it's in your heart, it will eventually get into your head. There is no such thing as non-emotional decision. Every decision that you end up doing is something that your mind started thinking. Everything that you're thinking is contributed by how you're feeling. Your faith and heart cannot be separated as well. It's either your faith is affecting your feeling or your feeling is affecting your faith. But you cannot separate your feelings from your faith. For everything you do flows from what happens in your heart.

If you want to survive in this wicked world, you have to guard your heart.

### **OWN YOUR EMOTIONS**

Proverbs 4:24 - "Keep your mouth free of perversity; keep corrupt talk far from your lips (NIV)." To guard something, you've got to own it. When Solomon said, "Keep your mouth free or keep corrupt talk far from your lips," he's basically saying that you got to control yourself. You have to own your emotions and control it. So in order to control your emotions, you have to own your emotions.

Whatever mood you have right now is chosen by you. Joy is a choice, sadness is a choice. It's your choice. When you give your power to somebody else, you lock yourself in a prison and you're waiting for someone else to bring you the key. That's a miserable place to be. The way your day starts doesn't have to be the way it finishes. The way your attitude starts doesn't have to be the way your attitude finishes. The way your life starts doesn't have to be the way your life finishes.

If your attitude is a byproduct of your circumstance, your emotions will always be out of control. But if your attitude is a result of the character of God, you can swing your bad mood to the other direction and praise God. If you're miserable today, if you're regretful today, swing your mood to the other side.

## **Change Your Concentration**

Proverbs 4:25 - "Let your eyes look straight ahead; fix your gaze directly before you (NIV)."

Some people are saying that I've been praying but God is not answering. But the reality my friend is: God is speaking but you're not listening. This is why Proverbs 4:20 says, "PAY ATTENTION." Your attitude reflects your attention. Your frustration reflects your fixation. Some people go to church in a wheelchair. But you came here with your two feet and you're complaining that you have to go up the stairs every Sunday. Somebody came to church today without their husband or child because he just passed away. But you came here with your whole family and you're not in the mood now because quarreled with a member in your family. You fixated with what's wrong with your life that you can't see what's right in your life.

When you concentrate on your life's situation, you will start to sink. In one minute, Peter was concentrating on the Savior. And then the next, he's focusing on the storm. Proverbs 4:25 - "Let your eyes look straight ahead; fix your gaze directly before you (NIV)." Some of you are always looking at your past. Some of you are looking at your future. But you can't do what you should do to secure your future because you're so worried about your future.



***1.) Share a moment in your life when emotion got a hold of you?***

***2.) What did you do and what was the result?***

***3.) Share what you have learned during those times?***

***4.) What did you learn from today's message?***