



Jeremiah 17:7-8, “⁷ But blessed is the one who trusts in the Lord, whose confidence is in him. ⁸ They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit (NIV).”

Jeremiah here showed us a kind of tree that is in an environment that makes growth and health impossible. It’s hot but the tree stays green. It’s dry but the tree is still bearing fruit. How do we survive and bear fruit in an environment that’s harsh? How do we bear fruit in the midst of those strong emotional pulls that push us to do wrong choices? In other words, when life turns up the heat, how do I keep from withering? How are we going to do that?

Jeremiah here did not deny that life is hard. It says here that the branch should remain in the vine to bear fruit. It’s just like saying that we have to remain in the Lord to bear fruit.

As we own our emotions and try to overcome emotional outburst, it doesn't mean that we're going to deny our life challenges. It just means that we have to become like a tree where its roots go deeper so that we can deal with reality in a supernatural way.

This is why Jeremiah said, "Life is hard so we have to be like a tree that digs deeper."

*Five tips that will help us **OVERCOME OUR EMOTIONAL OUTBURST...***

COMPLEX BUT NOT COMPLICATED

Complex means consisting of many different and connected parts. If you only know how God created us and see the anatomy of each person, you would really say that we're so complex. Yes, we are complex but we don't need to be complicated. Complicated, on the other hand, means involving many different and confusing aspects.

What is a complicated person? A complicated person is unpredictable and inconsistent. Being in his or her life means you have to have special knowledge of all their difficult ways. But even then you can never be sure on how they will react. The only thing that you can be sure of is that they'll have dramatic reaction because complicated persons are controlled by their emotions.

Complex means there are many parts of me. It means there are many sides of me. But complicated means I'm difficult to understand. I'm difficult to anticipate. People have to walk on egg shells when they're around me because they don't know if it's going to hurt me or upset me or put me in a bad mood. But here's the downside of complicated people: They cannot accomplish as much as what a complex person can accomplish because

they're controlled by their emotion. They're always up and down and they're just riding on their emotions at any point of time in a day.

Poised EVEN IF not PERFECT

“Poised is not perfection. It's strong under pressure. It's not that the tree didn't experience pressure. But it's prepared for it.” Poised person knows how to control their emotions. They don't suppress their emotions. Remember, emotions are beautiful part of us. It's great to be able to feel. Emotions are God's gift to us. Imagine if we don't have emotions.

A poised person knows that when frustrations or bad things happen to them, they have to go to God first. Instead of going around people and vomiting all over them, he goes to God first. We have to pray to God and be free to say what you really feel. When you pray first during your hurts and pain, God will lead you to people who can really help you out. God will help you deal with pain in a godly way. When you experience situations that are out of your control, remember that God is always in control.

CALM DESPITE CHAOS

Think about this: Relationship is like riding a canoe. If one is leaning on the left side, the other one should lean on the right side to keep the balance. Otherwise, we're both going under, we're both going to get wet, and we're both going to be angrier when wet.

Part of being calm in times of chaos is just using our common sense. The best part of being a Christians is that there's Supernatural power that lives in us.

Philippians 4:5-7 - “⁵ Let your gentleness be evident to all. The Lord is near. ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (NIV).” In the midst of Chaos, I know that God is with me. When I face difficult situations, I know that God’s peace is within me and I can choose to show it.

HIGH STRESS BUT NO HIGH DRAMA

Drama is good with books and movies. But in real life, drama will exasperate every person around you. The dramatic character that makes the movie great will definitely be the villain character that makes life worse.

Let us face the fact, there are high stress situations that we cannot avoid. The question is, “Can we handle high stress situations God allowed us to encounter?” Hebrews 12:12-13 - “¹² So take a new grip with your tired hands and strengthen your weak knees. ¹³ Mark out a straight path for your feet so that those who are weak and lame will not fall but become strong (NLT).” Tell the person on your left, “Get a grip.”

Whether we know it or not, we’re in a fight. Life is a battle but don’t make people around you be your battle ground. If we want to win battles and love the people around us, we have to fortify ourselves. When I talk about fortify, I’m not talking here about soldiers fortifying or strengthening the wall.



LIFE GROUPS

Discussion Question

- 1.) Share a time when you have an emotional outburst, what triggered it?*
- 2.) Share your response?*
- 3.) Share what you have learned during those times?*
- 4.) What did you learn from today's message?*