

Learning How to Control Our Emotions!!!

The world does not recognize the Kingdom of God or the devil's kingdom. They do not recognize that God's Spirit and the devil's spirit flow through mankind to cause a person to do what they do. For example, no one murders another person without the devil's influence. God uses mankind to do His work, and the devil uses mankind to do his work.

Now each person is a three-part being. They are a spirit, they have a soul (mind, will and emotions); and they live in a physical body. In today's Newsletter we will be talking about our emotions; which is a part of our soul.

Have you ever heard somebody say, "they are just so emotional"? That's right, but this is true of everyone. None of us live our lives without our emotions. Now let's look at the word 'emotion'. In this word we see 'motion'; we will never produce anything without movement. When God is allowed into our emotions, He will move us into actions that result in His will being done in us. If the devil controls our emotions, he controls us.

I've learned that the Bible is a Book that produces action; it's not just to read. Now remember that emotions will move us into actions. Let us read some action Scriptures. When they get into our emotions, we will do great things for our Father God.

Romans 5:3-5 MSG There's more to come: We continue to shout our praise even when we're hemmed in with troubles, because we know how troubles can develop passionate patience in us, and how that patience in turn forges the tempered steel of virtue, keeping us alert for whatever God will do next. In alert expectancy such as this, we're never left feeling shortchanged. Quite the contrary—we can't round up enough containers to hold everything God generously pours into our lives through the Holy Spirit!

Notice that Paul said we should 'continue to shout out our praise even when we're hemmed in with troubles'. I don't know about you, but when I'm going through troubles, I don't want to shout out praises. My emotions want to stop me from any form of praise or thanksgiving. Now during these times we must surrender our emotions to God, and let Him move us from sadness to gladness. Look at these verses; they are powerful!

1 Peter 1:6-9 MSG [6-7] I know how great this makes you feel, even though you have to put up with every kind of aggravation in the meantime. Pure gold put in the fire comes out of it proved pure; genuine faith put through this suffering comes out proved genuine. When Jesus wraps this all up, it's your faith, not your gold, that God will have on display as evidence of His victory. [8-9] You never saw Him, yet you love Him. You still don't see Him, yet you trust Him—with laughter and singing. Because you kept on believing, you'll get what you're looking forward to: total salvation.

We must control our emotions when we are going through troubling times. When our emotions say to us, "let me be sad", we must tell them no. They might say 'it's time to be discouraged'; we must say, "No! It's time to praise God and rejoice". We must remember always that we are not our emotions, we just have them. We must control them, and not let them control us. Just like

I learned to control my children with just a few actions on my part. When they were growing up, they would at times be very upset and crying. If I could just get them to laugh, their emotions would completely change. Sometimes all it took was for me to tickle them. Although they were crying their eyes out, after a little tickle they were laughing so hard they couldn't quit. As grownups, we can control our own emotions just like we can control little kids' emotions. We must do it to win.

Love you,
Pastor Paul

This Week's Daily Bible Readings

Monday Colossians chapter 4
Tuesday 1 Thessalonians chapter 1
Wednesday 1 Thessalonians chapter 2
Thursday 1 Thessalonians chapter 3
Friday 1 Thessalonians chapter 4
Saturday 1 Thessalonians chapter 5
Sunday 2 Thessalonians chapter 1

*Upcoming Events

1. **Women's Dance Aerobics:** 10-11am Mon - Fri.
2. **Mobile Prayer:** Wednesdays 2-3:30pm in our Lee side parking lot; Fridays 2-3:30pm Sam's Warehouse
3. **Noonday Bible Study:** In Sanctuary; live on KJRF 91.1fm; live stream on TCC app.12:15 Mon-Fri
4. **Baptisms:** Sundays at end of Services
5. **Sunday School:** Adult and 6 months to 5th grade 9:45am
6. **Children's Church:** Sundays 10:45am
7. **Youth Services:** Wednesdays 7pm. Please wear masks
8. **Men's Fellowship:** Saturday 9am at Golden Corral
9. **Crosses at the Corner:** Saturday 12-1pm

**TO RECEIVE Special Announcements, opt in to The Christian Center text list by texting the letters

LTCC to the phone number [59769](tel:59769). You will receive a confirmation message shortly thereafter.

**Use this link for The Christian Center app - - <http://bgw1.itexttoday.com/apps/2323/8833/indexm.html>

** Here is a list of the many gatherings we have for you to get together and fellowship with your brothers and sisters. Please take advantage of them, and you will bless yourself and others also.

Sundays * Prayer: 9am Lee Blvd entrance * Fellowship in Café 9:15-9:45 am. *

Services 10:45 am

Adult, Youth, and Children classes 9:45-10:30 am

Faith Class: -----Michael Whitley
Foundation 1 Class: ---Pastor Paul
Foundation 2 Class: ---Mike Wiggins
Healing Class: -----Lester/Monica Witherspoon
Marriage Class:-----Danny/Demetrius Williams
Prayer Class: -----Joe Cunningham
Children's Sunday School: 6 months - 5th grade
Youth Services: -----Lucas/Cyndi Moore
Young Singles/College & Career —Eliav/Kim Nash

Daily * Early Morning Prayer in Sanctuary: Monday-Friday 6:15-7:15am
* Noonday Bible Study: Mon-Fri 12:15 in Sanctuary or 91.1fm or live stream on
TCC app

* Women's Dance Aerobics: Mon-Fri 10-11am in the Gym
Weekly * Sunday Services: 9:45 am classes; 10:45am Main Service
* Wednesday night: Adult and Youth Services 7pm (Youth meet in Youth area)
* Mobile Prayer: Wednesdays 2-3:30pm Lee Blvd parking lot;

Fridays 2-3:30pm Sam's Warehouse

Monthly * Men's Meeting: 9am 1st Saturday of each month at Golden Corral
* Crosses at the Corner: 11am-1pm 1st and 3rd Saturdays corner of Sheridan and
Cache Rd.

* Women's Meeting: 9am 2nd Saturday of each month
* Horse Ministry: 12-3pm 3rd Saturday of each month