



Part Three: Retool Your Emotions!

Icebreaker: What is the best fruit you have ever eaten? What about the worst?

“By their fruit you will recognize them. Do people pick grapes from thornbushes, or figs from thistles? Likewise every good tree bears good fruit, but a bad tree bears bad fruit.” Matt. 7:16-17

1. Our emotional lives can be likened to a tree...when our emotions are ‘under control’ they produce good fruit, when they get ‘out of control’ bad fruit results. What is some of the good fruit emotions can produce (when they are under control)? How have you experienced your emotions getting out of control? What was the result?
2. What would you say to a person who regularly lashes out in anger, but says, “I can’t help it, that’s just my personality”? (This example could apply to any negative/ugly emotion getting out of control!)

“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” 1 John 1:9

3. Why do you think it is important for us to confess and admit our fault/sin when bad fruit results from ‘negative emotions’ over-influencing our lives?

Here is a four step process for identifying & removing ‘bad fruit’ from our emotional lives and allowing God to produce ‘good fruit’ instead (Review the examples on the back of this sheet):

- 1.) Confess it – 1 John 1:9 (When your emotions get out of control or rule your life, the first step is to admit that you have been wrong.)
 - 2.) Pray for God’s help ... to see things from His perspective - James 1:5 (Ask God for wisdom.)
 - 3.) Memorize/meditate on appropriate Scriptures which help you identify God’s perspective on the ugly emotion - Rom. 12:2 (Renew your mind ... don’t conform to the world’s thinking.)
 - 4.) ‘Engraft’ appropriate Scripture which will help you to bear good fruit/emotions - John 15:7-8 (Think about, read, memorize, meditate on God’s Word until it becomes your natural way of thinking so that it can bear good fruit in your life!)
4. Which step (or steps) seems to be the most difficult for you to take in order to get rid of bad fruit and cultivate good fruit in your emotional life? Is there any ‘bad fruit’ in your life that you need to apply this process to?

Prayer: Share one action you need to take in order to ‘re-tool your emotions’ so that you more consistently get rid of bad fruit and cultivate good fruit in your life.

Pray for each other to take these actions this week.

A Few Examples of the Four Step Process:

- When things get out of control or balance - How to get rid of bad fruit and cultivate good fruit in your emotions

Fear

1. Confess it as sin – I John 1:9 ...
2. Pray for God's help ... and see things from His perspective ... James 1:5
3. Meditate on:
Psalm 27:1 - "The LORD is my light and my salvation— whom shall I fear? The LORD is the stronghold of my life— of whom shall I be afraid?" Psalm 27:1
Psalm 46:2 - "Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea..."
Psalm 56:4 - "In God, whose word I praise, in God I trust; I will not be afraid. What can mortal man do to me"
4. Engraft: Psalm 23 - *The LORD is my shepherd, I shall not be in want....*

Anxiety

1. Confess it as sin – I John 1:9 ...
2. Pray for God's help ... and see things from His perspective ... James 1:5
3. Meditate on:
Isaiah 35:4 - "Say to those with fearful hearts, "Be strong, do not fear; your God will come, he will come with vengeance; with divine retribution he will come to save you."
Psalm 139:23-24 - "Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."
Psalm 94:19 - "When anxiety was great within me, your consolation brought joy to my soul."
4. Engraft: Philippians 4:6-7 - *"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*

Anger

1. Confess it as sin – I John 1:9 ...
2. Pray for God's help ... and see things from His perspective ... James 1:5
3. Meditate on:
Psalm 37:8 - "Refrain from anger and turn from wrath; do not fret—it leads only to evil."
Proverbs 15:18 - "A hot-tempered man stirs up dissension, but a patient man calms a quarrel."
4. Engraft:
Psalm 103:8 - "The LORD is compassionate and gracious, slow to anger, abounding in love."
Psalm 145:8 - "The LORD is gracious and compassionate, slow to anger and rich in love."
Proverbs 16:32 - "Better a patient man than a warrior, a man who controls his temper than one who takes a city."
Proverbs 19:11 - "A man's wisdom gives him patience; it is to his glory to overlook an offense."