

## **God wants to bring peace & prosperity to our emotions and relationships**

Recap – God wants you to believe Him for His best this year – spiritually, mentally, emotionally, physically, socially and financially.

Psalm 46 (My grandfather's favourite Psalm)

V1-3

God is our source of comfort, security and strength in trouble which is always external to our hearts where He lives. He is “abundantly available” and “very present” to help us all the time.

There is no reason to fear even if planet earth exploded and disappeared (worse than a 5 metre-wide meteorite that hit Peru last year!) or if the sea-level rose and submerged every mountain.

Fear in our lives is an indicator that we have not experienced God's loving provision in that area yet.

Our emotions, relationships and finances can go through turmoil, upheavals and catastrophes yet God is more than enough to bring us through them.

v4

There is a river of righteousness, peace and joy that flows through our hearts = “the holy place of the dwelling place of the Most High”.

V5

When we know that Almighty God lives in us we become steadfast, stable, fixed and established in our mind, emotions and decision-making and relationships “she shall not be shaken or waver” God does not hurry or panic He helps us when we need it.

V7 Selah = Pause, stop, “Time-out”, relax and calmly ponder, think and meditate about that! Get some perspective.

V8-11

God is the one who produces peace, harmony and wholeness in our emotions, relationships and finances.

How healthy are your emotions? (PICTURE OF EMOTIONAL CUP)

Unhealthy symptoms – losing your temper, shouting, swearing, being rude, taking drugs, getting drunk, having sex outside of marriage, smoking, looking at pornographic magazines, films or videos, comfort eating, over-working – are all human attempts to fill a sense of emptiness and lack inside.

Galatians 5:19-23

God wants to meet our every emotional need: Comfort, Support, Respect, Encouragement, Security, Affection, Approval, Appreciation, Attention, and Acceptance are ten emotional needs common to humanity mentioned in the scriptures.

So let's bring our negative emotions to the Lord in the secret place of our hearts. When these needs are not met (or we experience the opposite of what we need) the result is pain. Underneath all anger is pain. Do you know anyone that has a lot of anger – like a simmering volcano?

The answer to emotional pain is comfort and healing from your Creator and Loving Father – the river described in Psalm 46. When your identity and value are established by the Lord you get a healthy perspective on other people including those who hurt you. God enables you to forgive and bless. If you are angry, let God heal the pain underneath your anger so that you can forgive. “Unforgiveness is like swallowing poison and expecting the other person to die.”

#### A key to God's blessing in your relationships is confession & forgiveness

How many times have you upset someone this year because you were not following the Lord? James 2: 2 “We all stumble in many things”.

The best words you can speak from your heart to another person that you have hurt are these:

“That was wrong of me. I'm sorry that I hurt you. Please forgive me?”

Ask the Lord to teach you how to ask for forgiveness. Can you say those words? They are the key to relationships growing stronger over time instead of breaking up.

#### **Proverbs**

Choose friends wisely.

- Only open your heart to those whose character you trust and who know the Lord.
- You can be friendly, kind and generous to all but be selective about who influences you.
- Know who to ask advice from – does their life and track record qualify them to help you out?