

EMOTIONS

Intentional Parenting

September 8, 2019

Introduction: “I am who I am, and I can’t change that.” How many of us have either said that exact words or heard it said by others? Brothers and sisters, this is a lie that smells like smoke and comes from the pit of hell. This is exactly what Satan wants us to believe. Transformation is possible through the power of Jesus Christ, and that includes our emotional responses. As parents, we must aid our children in having appropriate responses when life is unfair.

Scripture Reading: Matthew 23:25–28

- I. What’s in Your Child’s Head?
- II. Where are Our Emotions Formed?

*But the Lord said to Samuel, “...For the Lord sees not as man sees: man **looks on the outward appearance**, but the Lord **looks on the heart**” (1 Samuel 16:7).*

*And he said to him, “You shall love the Lord your God **with all your heart** and with all your soul and with all your mind” (Matthew 22:37).*

A. Emotions

*But immediately Jesus spoke to them, saying, “Take heart; it is I. **Do not be afraid**” (Matthew 14:27).*

B. Thinking

*But Jesus, knowing their thoughts, said, “Why do you **think evil in your hearts?**” (Matthew 9:4).*

C. Will

*He said to them, “Because of your **hardness of heart** Moses allowed you to divorce your wives, but from the beginning it was not so (Matthew 19:8).*

NOTE: One’s emotions reveal their true nature.

III. Can We Train Emotions?

- A. Children’s emotions are reflected and expressed by watching others.

2 Samuel 12-13 – Absalom and David

- B. Parents should describe their feelings regarding different situations and how they handle their emotions.

*Fathers, **do not provoke your children to anger**, but bring them up in the discipline and instruction of the Lord (Ephesians 6:4).*

- C. Often times we try to regulate behavior in our children while forgetting to identify and cultivate their emotions.

²⁵ *“Woe to you, scribes and Pharisees, hypocrites! For you **clean the outside** of the cup and the plate, but **inside they are full** of greed and self-indulgence. ²⁶ You blind Pharisee! First **clean the inside** of the cup and the plate, that **the outside** also may be clean. ²⁷ “Woe to you, scribes and Pharisees, hypocrites! For you are like whitewashed tombs, which **outwardly appear beautiful**, but **within are full of dead people’s bones and all uncleanness**. ²⁸ So you also outwardly appear righteous to others, but within you are full of hypocrisy and lawlessness (Matthew 23:25–28).*

Principle: When parents are not genuine, children reflect what they see.

- D. Emotions are not imperatives.

***Let not sin therefore reign** in your mortal body, to make you obey its passions (Romans 6:12).*

***Be angry and do not sin**; do not let the sun go down on your anger (Ephesians 4:26).*

Principle: Our emotions are gauges not guides.

- E. Satan traps our children in weak areas of unbelief.

*Be sober-minded; be watchful. Your adversary **the devil prowls around** like a roaring lion, **seeking someone** to devour (1 Peter 5:8).*

Principle: Satan has access to our emotions and will use them to manipulate us to act unfaithfully.

IV. Steps

- A. Tune into your child’s emotions.
- B. Remember, behind every behavior is an emotion.
- C. Help your children identify their emotions.
- D. Recognize emotions in others.
- E. Encourage with praise.

EMOTIONS

Intentional Parenting

September 8, 2019

Introduction: “I am who I am, and I can’t change that.” How many of us have either said that exact words or heard it said by others? Brothers and sisters, this is a lie that smells like smoke and comes from the pit of hell. This is exactly what Satan wants us to believe. Transformation is possible through the power of Jesus Christ, and that includes our emotional responses. As parents, we must aid our children in having appropriate responses when life is unfair.

Scripture Reading: Matthew 23:25–28

I. What’s in Your Child’s Head?

II. Where are Our Emotions Formed? (*1 Samuel 16:7*) (*Matthew 22:37*)

A. _____ B. _____ C. _____

III. Can We Train Emotions?

(*Ephesians 6:4*) (*Matthew 23:25–28*)

Principle: When parents are not _____, children _____ what they see.

(*Romans 6:12*) (*Ephesians 4:26*)

Principle: Our emotions are gauges not _____.

(*1 Peter 5:8*)

Principle: Satan has access to our _____ and will use them to _____ us to act _____.

IV. Steps

A. Tune into your child’s _____.

B. Remember, behind every _____ is an emotion.

C. Help your children _____ their emotions.

D. Recognize emotions in _____.

E. Encourage with _____.