

Dealing With Your Destructive Feelings

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Resolve All Negative Feelings

- Jesus was touched by our feeling of our infirmities – **Heb.4:15**
- Feelings drive our actions
 - Feelings always win over logic and will
 - Feelings are either constructive or destructive
 - Certain feelings make us make wrong decisions
- UNRESOLVED NEGATIVE FEELINGS
 - Remain BURIED AND RECORDED in your body to produce sickness
 - You must identify them
 - PRAYING IN TONGUES should help us to come in touch with our feelings concerning what we are praying for
- You must learn to TRANSFORM YOUR FEELINGS from negative to positive and constructive

Effect of Yielding to Your Feelings

- The effect of feelings grows exponentially as we YIELD AND ACT ON THEM
 - As you act on your feelings you will affect those around you
 - Expressing our feelings in words MAGNIFIES THEM (makes them more powerful)
 - It affects your beliefs = Faith
 - **Act.10:46** - Magnify God – speaking in tongues – God is not magnified but his power toward us is
 - **Ps.69:30** – Magnify Him with thanksgiving
 - **Ps.34:3** – Praising Him
 - What do you magnify? When you complain, you magnify your problems
- The EFFECT OF YOUR WORDS – **Jam.3:6** –
 - World of iniquity – When we speak, agreeing with our negative feelings and against the Word) - Iniquity is the opposite of righteousness
 - Words can be Blessings or Curses (very few are neutral)
 - Course of nature = cycle (wheel) of life
 - Thoughts->Feelings->Words->Actions->Body

Apply Wisdom to Your Words

- Random or empty words have not much effect
- Your words with feeling, intent, in context (LOGOS), about us or repetitive produce your life
 - affecting others and
 - affecting your beliefs (faith)
- Positive or Negative (complaining) impact
 - **Pro.10:11** – well of life - damage
 - **Pro.10:14** – Fool's words bring ruin
 - **Pro.12:18** – Words wound or heal
 - **Pro.16:24** – healing the bones
 - **Pro.18:20-21** – death and life are in the power of the tongues
- **Lk.6:45** – A good man – treasure in His heart
 - Treasure = deposit (when you need it you can withdraw only what you have deposited in your account)
- **Mt.15:18-20** – Out of the mouth, from the heart, defiles us
- **Pro:13:3** – Guard your mouth to preserve your life

Changing Your Feelings from Negative to Positive

Homework

- **2Cor.10:3-6** – Putting Off and Putting ON – Not about fighting the devil
 - War = figurative, strategic campaign
 - Not by flesh, force
 - Weapons = our tools
 - Mighty = powerful, (Gk. Dunamis)

- Power is available to everybody, but Holy Spirit enables us to take it (Gk. Lambano **Act.1:8**) – Many believers do not because they feel unworthy
- We are mostly energy filled and empty space
 - ✦ $E=mc^2 = 1 \text{ gr of matter} = 25 \text{ millions kilowatt-hours, or } 21,500 \text{ tons of TNT}$ (Nagasaki Atomic explosion was 21, 000 tons of TNT) or 568,000 gallons of gasoline or 85 Billions BTU
 - ✦ The energy of our heart is capable of interacting and transforming molecular energy as a result of our emotions
- Strongholds = castles of ideas, logic structures, beliefs
- Arguments, imaginations, reasoning
 - Information = revelation, theoretical, based on what should be
 - Gnosis = Experiential, capable to be practiced
- Captive to the obedience (listen to) of Christ
 - Does my understanding line up with the finished work of Christ?
- Revenge = carry justice, judge
- Disobedience – Sin = Hear amiss, hear and not do it, hear and disregard

Your Strategy – Taking a Position – By Prayer

- Putting Off (**Col.2:11**) and On (**1The.5:8**, same as lambano)
 - Once screaming at the devil –
 - it worked because was a “behavioral pattern interrupt”, but the effect did not last
 - It was only a putting off – half of the process required
- CATCH YOUR NEGATIVE FEELINGS – As soon as possible
 - Word associated
 - Identify the feelings, give them a name
 - Stop the pattern, take a position
- CONNECT WITH WISDOM FROM BIBLE (Proverbs)
 - Fool/foolishness, Word
 - How do you violate God’s Wisdom (What to put off)
 - Write the opposite (what to put on)
- REPENT, SEND AWAY OR TRANSFORM YOUR FEELINGS
 - Meditate and see yourself feeling/doing the opposite (in thoughts, words, actions)

Questions to Consider

1. How do unresolved emotional hurts block our ability to receive physical healing?
2. What is the impact of yielding to our feelings?
3. Please define again the difference between feelings and emotions? How are these produced in us?
4. Why it is important to recognize and learn to deal with our feelings and emotions?
5. How does what comes out of our mouth connect to our feelings and emotions?
6. Why does God instruct us to control our words?
7. Is controlling our words the equivalent of denial? Why?
8. Please explain what is intended with strongholds in 2Cor.10:3-6.
9. What does it mean that “receiving from God is not a passive activity”?
10. Please explain the concept of “bringing captive to the obedience of Christ”?
11. Why do you need a well developed, possibly written strategy, to deal with strongholds?