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July 16, 2017

1 SAMUEL 25:32-44

1 Samuel Series

Stand with me in honor of God's word as we read this passage together. I'll read the passage. You can pay attention to it in James 4:6-10.

But he gives us more grace. I just want you to see no matter how much grace you have now, He wants to give you more. He gives more grace, therefore *that is why Scripture says: "God opposes the proud but shows favor to the humble."* That's your ticket to get the grace. Therefore *submit to God. Resist the devil, and he will flee from you. Draw near to God and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded.* Now some negative emotion stuff here. *Lament, mourn and weep. Let your laughter be turned to mourning and your joy to gloom.* That's a really interesting reflection there on negative emotions right in the middle of this passage. We'll come back to that later. *Humble yourselves in the sight of the Lord, and he will lift you up.*

[PRAYER] Heavenly Father, as we come before you today and ask for your blessing on this period of time, we recognize that we need to be humble in order to receive your grace. So we come now before you, recognizing our weakness and acknowledging that before you. Saying that you are our Lord, you are our boss. You are the one that wants to control our lives and we want to give that control to you so we do that now. Lord, we thank you for what you've done in our lives this week even through the difficult experiences, and we look forward to what you're going to do this next week. May this next period of time here give us the wisdom we need in order to face the challenges that we'll face this week. We ask for your blessing now. In Jesus' name, amen.

We're on our last week of 1 Samuel 25. Next week we'll continue on. But in 1 Samuel 25 we're learning a lesson, or several lessons, really, about anger from David. The story is about how David got really mad because he was mistreated, treated unfairly, he was insulted. It sounds familiar with some of us. We experience those same kinds of things. When that happens then he goes and he's really mad and he's going to take on Nabal. He's going to kill him. He's going to kill this guy. He's so mad at him that he wants to get justice or revenge so he's going to kill him and all of his men. He's got all of his men coming. As they're coming down the ravine on their way, this woman meets them. Her name is Abigail who happens to be Nabal's wife. She stops him in the tracks there.

Young people, listen to this for just a moment. There's two kinds of leadership. One leadership is the leadership of position. That's when you have the job of being the principal or the teacher or the supervisor or the manager or the parent. You have a position of leadership. There's another

kind of leadership, which is leadership by influence. You know those people who are in the classroom who have the ability to either makes things better or worse, even though they don't have a position. That's a leadership by influence and that's what we're going to see in Abigail now. She's going to influence the situation and she has power in the way she does this. This is very important.

I just want you to see that that's what Jesus wants us to do. When you go back to school in the fall you'll have an opportunity to be an influencer. Jesus talks about being a light. He is the light of the world shining in us that other people can see. We are the salt of the earth. You have the potential to be an influencer and God wants to do that in your life. Abigail is an influencer. Watch how she does this so you can maybe learn some things from the process and what she's done.

Verse 18 – *Abigail acted quickly. She took two hundred loaves of bread, two skins of wine, five dressed sheep, five seahs of roasted grain, a hundred cakes of raisins and two hundred cakes of pressed figs, and loaded them on donkeys. Then she told her servants, "Go on ahead; I'll follow you." But she did not tell her husband Nabal. As she came riding her donkey into a mountain ravine, there were David and his men descending toward her, and she met them.* So here she is taking action.

I just believe she's such a fascinating hero in this story that we can learn a lot from her. One, she avoids conflict with her husband. Now there's some controversy about this idea. Was she actually right in usurping her husband's authority, going around him? We're going to talk about that in a little bit. I just want you to know that's coming. But she takes some action. She uses her wisdom to implement something and she prevents other people from getting hurt. She is a peacemaker. That's what she is. Just admirable.

You will find yourself in situations where negative emotions are controlling people. It might be in your home. The question is can you be a peacemaker in that situation. Abigail is a peacemaker and we can learn some valuable things from her as she proceeds through this process.

Verse 23, continuing down in the passage, says – *When Abigail saw David, she quickly got off her donkey and bowed down before David with her face to the ground.* Just imagine the picture: David coming and sees this woman demonstrating humility, which I think is going to be one of the keys to this whole understanding in today's lesson. Very important. She says several things to David, which we've looked at over the past three weeks. So if you weren't with us, we took a week on each one of these. I'll just basically review.

She says to him – *Pay no attention.* In other words shift your attention. We are all attention managers. If you're dealing with negative controlling emotions, we're primarily looking at anger, anxiety, and sadness, if they control you for thirty seconds or for ten years, one of the ways to address them is to change or shift your attention. That's one of the pieces of advice she shared with him.

A second piece of advice was that anger is not a part of your falling. She says to him God has created this dynasty for you. Anger doesn't fit into the picture is essentially what she was saying.

That can help us as well recognize that we start to get upset and this is not part of who I want to be and who God wants me to be. So that was the second principle.

The third principle was to choose your perspective in the future. In other words, get out of your little belief bubble that you're in right now and think bigger than this. In the future when you look back on this, you don't want to have needless bloodshed on your conscience. So perspective then becomes this other principle that we looked at that helps us overcome negative controlling emotions in our lives.

Well the story continues now as David responds to what Abigail says. Let's watch David's response here. Verse 32 – *David said to Abigail, "Praise be to the Lord, the God of Israel, who has sent you today to meet me. May you be blessed for your good judgment and for keeping me from bloodshed this day and from avenging myself with my own hands. Otherwise, as surely as the Lord, the God of Israel, lives, who has kept me from harming you, if you had not come quickly to meet me, not one male belonging to Nabal would have been left alive by daybreak."* Then David accepted from her hand what she had brought him and said, "Go home in peace. I have heard your words and granted your request."

So this little counseling session that she entered into was successful. She was a peacemaker and brought some peace into the situation and David turned and he went back. I want to look at that together in a moment. But let's finish the passage, just so we can see how this worked itself out, how God is working in this story.

Abigail has to go back and tell her husband what's going on. *When Abigail went to Nabal, he was in the house holding a banquet like that of a king. He was in high spirits and very drunk. Having a grand party. So she told him nothing at all until daybreak.* I think a sign of wisdom. You don't want to be telling him while he's drunk. Who knows what will happen. So she doesn't tell him anything about it. But she's determined to tell him. So she's coming to share with him what she's done and what the result was and what David was intending to do. She's going to share all that information with him.

So in the morning, when Nabal was sober, his wife told him all these things, and his heart failed him and he became like a stone. I think that's a reference, but we don't know for sure because of the medical terminology of the day. I think he had a heart attack. I think he got so mad in the situation that he ended up having a heart attack. And *ten days later, the Lord struck Nabal and he died.* Wow.

We're looking at this story now today differently in the other three weeks. In the last three weeks we looked at it from the perspective or the point of view of David to see what happened in his heart that changed. Today we're going to look at it from the perspective of Abigail and what made this work.

But if you could indulge me for just a moment and look at it from Nabal's perspective. I'm sure he felt mistreated by his wife. I'm sure he felt that injustice was taking place. She was wrong for disrespecting him. So he got furiously angry, it appears, in the passage, so much so that he ends up having this heart attack and he dies.

There's some message in there for us. I just want to suggest that if we're not careful with our own anger it can harm us. Sometimes it will lose our life. It stresses us out so much it takes years off our life. Or we might have a heart attack. Or maybe it will turn us into an ugly person, someone who is mean and surly like. It says that Nabal was. But anger damages a person who has anger. A person who is angry often thinks that they're throwing their anger on someone else as if they're getting something back. It's about what's happening inside of your heart. The anger that's inside of your heart can kill you, either physically (like in this very graphic story) or spiritually, or emotionally can really damage your heart. Let's continue on and read the rest of the passage here.

When David heard that Nabal was dead, he said, "Praise be to the Lord, who has upheld my cause against Nabal for treating me with contempt." He's saying isn't it amazing I didn't go and get revenge and God has worked out the details here. God has done much more than I even imagined. Sometimes that happens in our lives. As the New Testament says, we save room for God's wrath and in the midst of the situation the situation takes care of itself where God is working a particular way, and that's what happened here. He has kept his servant from doing wrong and has brought Nabal's wrongdoing down on his own head."

Then David sent word to Abigail, asking her to become his wife. His servants went to Carmel and said to Abigail, "David has sent us to you to take you to become his wife."

She bowed down with her face to the ground and said, "I am your servant and am ready to serve you and wash the feet of my lord's servants." Notice the humility that she has. Abigail quickly got on a donkey and, attended by her five female servants, went with David's messengers and became his wife. David had also married Ahinoam of Jezreel, and they both were his wives. But Saul had given his daughter Michal, David's wife, to Paltiel son of Laish, who was from Gallim.

There are some who look at this story and say Abigail was wrong for what she did. She shouldn't have usurped her husband's authority but should have submitted to him and trusted that the Lord would work this out. That maybe, some would suggest, David would go and kill Nabal and all his men and from that learn a lesson somehow and would not do that again, or something along that line. They're taking an idea about submission and their ideas of submission, some of which are coming probably from the New Testament, and imposing them on this passage.

But the best way for us to understand any passage of scripture is to allow the scripture itself to explain itself and to teach us. If we look at this particular passage of scripture we see that this passage has a very positive look on Abigail. She's not condemned for her activity. In fact as the story is being introduced she's compared to her husband. Her husband is mean and surly (that is, he's evil), and Abigail is intelligent and beautiful. So there's this contrast right at the beginning. As she starts to do what she's doing and go and talk to David about this, everything that's being said is positive. There's no condemnation of what's happening in the passage at all. It seems to me that from the passage that what she's doing is not only okay, but it's commended. David is commending her. It seems like the Lord is working in this whole situation.

Here's a woman who is making her voice heard. Here's a woman who is preventing damage to be had in a lot of other people's lives. Here's a woman who is being a peacemaker. It seems pretty clear in the passage that she is commended for that. This is a good experience.

I would suggest there are times when we all need to be submitting. Submission is a very important quality we all need to learn. It's an important quality in marriage. If you start the passage in Ephesians 5:21 it says that everybody should be submitting to everybody. Then it talks about wives submitting to their husbands. There's a place for submission in a marriage relationship. There's a place for all of us to submit. But there are times in the Bible where people didn't submit. Peter and John were told by the authorities that you need to stop preaching the gospel and their answer was this: "You guys decide. Should we obey God rather than man?" In other words, there's a time in our lives when the decision to obey God supersedes the principle of submission.

So I would not get easily distracted by something that people might say about this passage. I just think they're wrong. The passage doesn't seem to communicate that particular message.

But there's something else I want to look at in this passage that's even a bigger concern of mine or question that I have. What made it work? You and I have tried to help people calm their emotions sometimes. Right? You and I have tried to play the role of peacemaker or tried to do something in a situation and we get stuck sometimes. What made this thing work? How is it that a guy can be so livid and going to kill somebody and the woman that steps into the picture is able to help him make a significant turn around. I want to suggest that the thing that makes this whole story work is one word. A word that brings, I think, a key to this whole study of negative controlling emotions in our lives and how to manage them in our own hearts and how to be a peacemaker with others. It is the key word of humility. Humility.

She was able to be humble in her presentation. She doesn't go to David finger pointing like this in some angry methodology. So she is a very humble person in her presentation. We see that even in her posture as she's coming. The way that she's presenting it is giving a lot of attribution to God in the process.

But it's not just she who was humble. David was also humble enough to receive correction. Boy, are we able to receive correction in a way that allows us to step out of the anger of the moment and say, "Maybe I've had a look at myself differently. Maybe I'm getting a little bit off track here." That humility is very important. I think it's strategic for David to be able to respond to that humility in a powerful way.

I'm convinced that humility is going to be the key for us. As we try to understand negative controlling emotions and try to work through them in our own lives. If we can be humble, good things can happen. Thus the passage here in James 4:6-10. The key word is going to be grace. We need grace, but how do you get grace that's through humility. We all need grace.

Grace is that energy that God gives us to match the challenge that we're facing. We all need that. I know we think we can handle the situation, but we can't handle it ourselves. We need God's grace to help us in the midst of it.

But notice where does this grace come from? First of all He *gives us more grace*. So however much grace you think you have now, there's more available to you. How are you going to get it? Because *God opposes the proud but gives grace to the humble* person. What does humility look like when you're feeling disappointed or sad? What does humility look like when you're feeling angry? What does humility look like when you're feeling anxious? Those are the key questions that I want to address today.

I want to practically ask the question what does humility look like in our lives. He gives several ideas of how to develop this humility in our lives. He says *submit to God*. Well that is a great idea because the person who has controlling emotions wants to grasp and hold on and control the situation with their emotion. So submitting ourselves to God is in a sense letting something go and allowing God to be in control.

Resist the devil, and he will flee from you. We read in another controlling emotions passage, Ephesians 4, it says *do not let the sun go down on your anger and do not give the devil a foothold*. We know that anger can be a foothold of Satan, so we have to be careful when we're talking about emotions. *Resist the devil, and he will flee from you*.

Draw near to God and he will draw near to you. So we don't view God as this distant Father that's so far away. We view Him as this close heavenly Father that we can draw near to and we feel that personal relationship and enjoy that with Him. If you haven't accepted Jesus today, that's your first step is to draw near to God because He wants to live within your heart.

Cleanse your hands, you sinners, and purify your hearts, you double-minded. So do the right thing. If you're trying to do the right thing, that's really important. But also look at your heart. Because when our hearts are going back and forth, (I'm going to get revenge; no, I shouldn't get revenge; yes, I'm going to go get him), we're back and forth on this, then it creates a problem for us. Humility is very important.

So then we come to this very interesting part of the passage which talks about negative emotions. Don't you find that fascinating? He's saying – *Lament and mourn and weep*. You're going, wow, I don't think so. Usually the Bible says rejoice and be happy. But he's saying lament and mourn and weep. *Let your laughter be turned to mourning and your joy to gloom*. Why is that? Because the Bible says in 2 Corinthians there's a godly sorrow that leads to repentance.

Sometimes the negative emotions that we're experiencing can lead us to a sense of not just I'm mad at life and mad at life situations, so I'm sad and disappointed about this, but it can lead us to something inside of our hearts where we say I am grieved about something that I see in my heart that I know needs to change. I know God wants to do something deeper in my heart.

Do you see what's happening as you do that? You come to the last part – *humble yourself*. You're humbling yourself because that negative emotion focused inward and saying I've got a problem. "I need to deal with this" helps you to have the humility necessary. It says – *Humble yourselves in the sight of the Lord, and he will lift you up*. This is such a remarkable practical truth for us to understand in our lives as we're trying to face the challenges that you and I face.

Let me ask you, how many of you work with people? I want you to raise your hand. How many of you work with people? You're managers or you're a parent or you have parents or you're breathing. This is everybody! Okay? We all work with people. I don't want you to think this is a message for someone else. All of us need this in our lives.

So let me take each of those kinds of challenging emotions and I want to show you the cycle that happens here. I want you to understand your emotions a little bit better the way God created you.

Let's start with sadness gone wrong. You know how you feel sad sometimes? Well I want you to know that the people who feel sad don't start sad. That's not where they start. The people who feel sad start hopeful. These are the people who can see into the future. These are the people who can say oh life is so great. When this happens and this happens and this happens, good things are going to happen. This is such a valuable trait in someone to have such a positive outlook on life. But the downside to being so positive and hopeful is that this person then develops expectations in their hopefulness and then they come to unmet expectations, at which point they have a very important challenge to face. Because now they're unmet expectations do something to them in their hearts. They start to feel disappointment. And it's not long before disappointment turns into discouragement.

But here's the interesting thing because emotions often don't stay within our heart. They turn into relational problems. Because then we start taking it out on other people, so we start blaming people for not doing what we want. Because if they would do it then I wouldn't be disappointed because I had expectations. You didn't do what I told you to do, so now I'm upset about it. So now we start blaming people. Finally that wrestles in our heart so much, we're so upset, we finally have to say okay, I've got to let it go. And we finally come to that place where we say okay, I'm going to let it go because I want to be a hopeful person.

Do you see what happens in that cycle? Wouldn't it be great if we could stop the cycle here instead of going through the whole thing? Now if you're one of those people that has to go through the whole thing, I want you to know you're going to come out at the same place. You're going to come to the same place where you go, "Oh, this is making a mess out of my life. I don't like what's happening. I'm going to have to give it up. I'm going to have to let it go." You can come that place because that's how life is. It will bring you to that moment where you have to choose. Or you can choose to solve it right here.

Wouldn't it be great to be able to handle our unmet expectations when they come right away so we aren't thrown into the wiles of this churning emotion inside of us? Yes, I think we do want to do that. That's where grace is needed. We need humility in that moment. What does humility look like when we're facing expectations that we've invested our emotions into? That's the thing. It's an emotional investment you make into your expectations that creates a problem. So what does humility mean? It means that we hold expectations loosely, letting God change the plans.

Sometimes when I'm working with young people, especially young people who get angry, I like to teach them the difference between a wish, a desire, and a demand. A wish, a desire, and a

demand. Let's say thirteen-year-old Billy is coming down for dinner. He's heard there's spaghetti and he comes down and there's no meatballs. So he might say, "I wish we had meatballs." That's a wish. Or he might say, "I really like meatballs." That's a desire. But he comes down and he says, "What? Spaghetti? No meatballs? How can you make spaghetti with no meatballs? That's not even spaghetti without meatballs! I'm not eating this stuff!" Then it becomes a demand.

That's what happens in our lives. We take what should be just wishes or desires and we turn them into demands inside of our heart, so we get into a problem. The solution is to have some humility and allow God to do some work. So yes, things are going to change. This is not a meatball night and that can be okay. I don't have to lose everything over a meatball.

I know some of your situations are much more dire than the meatball. I don't mean to trivialize the problems that each one of us face. But I do believe that even the most difficult situations that we face, this is what is needed. That humility will help us to hold our expectations loosely, allowing God to change our plans. Of course we love this verse that addresses this very issue. It says in Jeremiah 29:11 – *For I know the plans I have for you,* declares the Lord (it's a declaration), *"plans to prosper you and not to harm you, plans to give you hope and a future."* Well that's sadness gone wrong.

Let's go to anger because I think the person that gets angry has a real positive side to their character, to their heart, to their lives. This is the person who knows what's right. There's the right way to leave the bathroom, you know. This is a person who knows there's a right way to drive your car, you know. And not in the fast lane, but you're going slow. The person who's right. They've got all these ideas about right. These people are good people. We like them. They help us all stay on track, but they're very easily tempted because they're very easily offended. If you're so committed to the right way, there's always one right way and you've got to have it this way. I don't mean to say that there are some very right things that we expect of others that are very right. I don't minimize the rightness of these things. But we can pursue a problem in their life without getting emotional about it. That's the challenge that we face.

So if we look at this cycle, then the person gets offended and then they have an angry reaction inside of them. Then they justify their anger because actually I am right, there is a right way to leave the bathroom. So then I end up doing something relationally that causes me then to either have to forgive the other person for whatever they did or I have to ask for forgiveness. Humbling thing, of course. That leads me to the place of letting it go. I got to let it go because if I keep on with this anger it's just going to mess with my heart and I'm going to be a mess. So I have to let it go.

So the question is do you have to go through the whole cycle to get there? Or can we stop the process right here with some grace? Grace is needed right here. What does humility look like in this particular situation? See, humility allows us to experience grace, according to James 4. In order to do that then it is very practical here. Then we have to not easily be offended. It's not good enough to be right; you also have to be wise. It's not wise to get sucked into this whole thing just because you're right. There's something else that needs to take place inside of our hearts. Now we do have to solve problems. Whether we're sad or anxious or angry. Often we

have to solve problems. If I say let it go, that doesn't mean we walk away and go, "Oh well, let the world go on. Let my kids be weird and all these other things happen." No, we have to take action and do something about it. But we don't have to have our emotions as part of that. Because sometimes we think our emotion is what's contributing to making things right.

That's why we need this verse in James 1:20 where God says *human anger does not produce the righteousness that God desires*. Whoa. We think it does sometimes. You deserve my anger, so I'm going to let you have it because you did the wrong thing. Human anger does not produce the righteousness that God desires. We do have to solve problems, but we don't have to do it with the anger.

Let's go to the third kind of emotion that we've been talking about – anxiety, which is really a good thing if you look at it as base. It's a very positive thing in a person. A person who wants and desires safety and security and peace. That's what they desire. They desire safety, security, and peace.

For whatever reason, real or imagined, there's a danger that causes them to feel internally struggling. So that internal struggle, you know how it goes. It doesn't stop there. It ramps up. That was a bad thing. And if that bad thing happens, then this very bad thing will happen. And if the very bad thing happens, then this terrible thing happens. If that terrible thing happens, then this disastrous thing will happen. And if the disastrous thing happens, it's going to be the end of the world. No wonder I feel so bad inside. So they ramp it up internally and then these people (me and others) when we try to control situations, we try to control other people because we're trying to obtain the safety and security. We get ourselves into such an internal turmoil that we end up having to say, "Look I just got to let this go."

Now wouldn't it be nice if we didn't have to go through this whole process all the time. Will we let it go? Wouldn't it be great to be able to stop the process a little bit earlier where grace could be right here in this very important point between point number one and point number two? Yes. That's where we need grace and God wants to give it to us. There's more grace available to you and to me. It's there. We're going to get that grace by being humble.

So humble in this situation is recognizing that God has answers I don't have. Peace is a calling that sometimes requires giving up the need for answers or control. That is humility at its core. God is in control and needs to let it go and allow Him to do things that He wants to do.

Here's a passage that ties humility and anxiety together. I just want you to see it here. *Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him because he cares for you.* The passage ties humility to anxiety. You want to get rid of anxiety? You have humility. And what happens when you have the humility? God gives you this very important word that we sung about this morning. He gives us grace. It's that grace that we need, which again, is the energy that we have in order to face the challenges that we experience in our lives right now.

So if we summarize this and look at all the negative controlling emotions, we see we start with something good. Don't miss that because some people get really down on themselves because

they're really emotional people. That's not bad. Emotional people have something very good and valuable that's just being misused, taken a little too far. A problem comes in their life, there's a thinking action and then an internal reaction, then an external reaction and then a need to let it go. Let's stop that process just when the problem comes and we want to get that grace through humility.

How are we going to do that? I would suggest one of the greatest ways we do is by investing ourselves in God's word. If we take all we talked about, if we take the beliefs that God has given to us, the beliefs that God is in control, that God is good, that bad things happen even to good people, that God doesn't prevent all the bad things from happening to even the good people, that God has a plan for redeeming our world in every situation, every mistake we've had, every regret we have. He has a plan for redeeming our lives and we can experience then the positive emotions. I'm going to call them Spirit-filled emotions because they're listed in the fruit of the Spirit, which is love, joy, peace, and following. So we have Spirit-filled emotions that we can enjoy in that moment.

I believe it starts with understanding God's word and meditating on it. As the verse says in Joshua 1:8 – *Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.*” Then Psalm 1 says – *Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but (here's the part that makes application for us) whose delight is in the law of the Lord and who meditates on his law day and night. That person is like a tree planted by streams of water, but yields its fruit in season and whose leaf does not wither – whatever they do prospers.*”

I don't think he's just talking here about money prosperity. I think it's talking about emotional health. I think it's talking about being healthy. Many of us are trying to be healthy by our diet. Right? This is also being healthy holistically. Spiritual health is so important for us. Spiritual health ties into emotional health so closely that God wants us to live for Him in a way that acknowledges that. It starts with humility before Him to say, “I don't know. I don't have all the answers. I don't know exactly how to respond or how to deal with this particular situation. But I know the God who does and I'm going to trust Him. I'm going to have enough humility in my life to trust Him to work in the midst of this challenging situation.” That's what God does. That's what He wants to do in your life and He wants to do in my life.

I believe that when He does that, it does something to us. You could call it the heart. It gives us peace in our hearts. You call it the soul. The soul is that container in the spirit inside of a person where the soul just contains that emotional part of us. You're weary in your soul. You're just tired. The soul needs a lot of nurturing and the Spirit of God wants to come into our lives and do that nurturing inside of us.

So I would encourage you, give yourself to the Lord. I'm talking to Christians here for a moment. If you're a Christian, give yourself to the Lord one hundred percent every year of your life. Use negative emotions to put you back to thinking errors or belief challenges or humility.

If you're not a believer here today, you've never accepted Jesus Christ as your Lord and Savior, I want you to know this is not just about getting to heaven, although that's a beautiful thing. This is about living the full life right now. You can experience the joy that God wants you to have and the peace that God wants you to have and the love that God wants you to have in a way that's amazing.

I'm not trying to help you to have no emotion, but to deal with negative controlling emotions. I'm trying to help you stop being a robot. Because robots just do this, this, this, this, and that's what happens in many people's lives. They go to anger so quickly, anxiety so quickly, discouragement so quickly. I'm saying if we allow the Holy Spirit to work in our lives, if we allow God's grace to permeate our hearts, we will have more choices with our emotion. So now we can have compassion and now we can experience gratefulness, and now we can experience joy and peace and love in new way that we couldn't before and that is really powerful. It comes because we submit ourselves to God. We acknowledge that He is our Savior and we trust Him as our Lord and Savior. We need peace in our souls. Amen? Amen. Would you stand with me? Let's pray together.

[PRAYER] Heavenly Father, I ask right now that you would give us that sense of satisfaction in our souls that helps us overcome the waves of sorrow or waves of anxiety that we face. Lord, I pray that you would help us rely on you as the rock so that in the midst of that turmoil that we experience we can stand on that firm foundation and not be so easily swayed by our emotional tendencies. Lord, I ask for those who particularly need healing in this area from past pain and suffering, hurt, abuse that has caused some challenges. I ask that you would heal those people in ways that provide them to experience the God-given Spirit-filled emotions that you've called us to experience. Lord, teach us to be able to say inside of our hearts "it is well with my soul." In Jesus' name, amen.