**Series: Emotionally Healthy You**

**Today: The Place of Pain**

**Speaker: Ronnie Norman**

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1. **What Will We Do With Our Emotions?**
2. **All Of Us Are Emotional.**

Anger

Sadness

Fear

Joy

Love

Surprise

Disgust

Shame

1. **Following Jesus Involves Managing Our Emotions.**

***Romans 12:14-15***

*14Bless those who persecute you; bless and do not curse. 15Rejoice with those who rejoice; mourn with those who mourn.*

***Romans 16:16***

*Greet one another with a holy kiss.*

***Ephesians 4:26***

*In your anger, do not sin.*

***1 John 3:20***

*If our hearts condemn us, we know that God is greater than our hearts, and he knows everything.*

1. **What Will We Do With Emotional Pain?**

***Matthew 26:36-39***

*36Then Jesus went with his disciples to a place called Gethsemane, and he said to them, “Sit here while I go over there and pray.” 37He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. 38Then he said to them, “My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.”*

*39Going a little farther, he fell with his face to the ground and prayed, “My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.”*

1. Give God Your Experiences
2. Give God Your Desires
3. Give God Your Trust

E + R = O