

(191103) (¥)(¥) How to Get Rid of Toxic Emotions (P2)

INTRO:

Do you need help.?! Or are you okay?

Two groups:

1-Those who know they need help — the NEEDY

2-Those who don't — the COOL

Luke 5:31 Jesus answered and said to them, “Those who are well have no need of a physician, but **those who are sick**. **32** I have not come to call the righteous, but sinners, to repentance.”

Mat 5:3 “Blessed are the **poor in spirit**, For theirs is the kingdom of heaven.

Group number 2 will get very little if nothing at all, so adjust your heart into a posture of need—with Jesus it's okay, it's safe to be needy...

PRAYER:

Invite the HS to teach us, to open our eyes to grace...

Ps 139:23 Search me, O God, and know my heart; Try me, and know my anxieties; **24** And see if there is any wicked way in me, And lead me in the way everlasting.

Ps 36:7 How precious is Your lovingkindness, O God! Therefore the children of men put their trust under the shadow of Your wings. **8** They are abundantly satisfied with the fullness of Your house, And You give them drink from the river of Your pleasures. **9** For with You is the fountain of life; **In Your light we see light.**

¥¥

TOXIC EMOTIONS

We all have them to one degree or another:

¥

Anxiety (fear): Uncertainty about whether or not you're going to be able to handle what “life” throws at you next.

¥

Discouragement, sadness and depression: The low valley of the hopeless life where nothing moves us...

¥

Loneliness: I need relationships in life because I'm relational being, but I'm isolated because I suck at relationships...

¥

Guilt and shame: guilt—the feeling that expect punishment, shame—the feeling that expect rejection...

¥

Envy and jealousy: Secretly measuring yourself to others and wanting what they have... Believing the lie that “the grass is greener in the other side”...

¥

Greed: A dark hole in the soul of discontentment—always wanting more...

¥

Sinful anger (bitterness, wrath and rage): The emotion that arrises when we're not getting what we want...

¥

Hatred: The desire to hurt back—in double...

We are commanded to get rid of them:

¥¥

Eph 4:31 Let all **bitterness, wrath, anger, clamor**, and evil speaking be put away from you, with all **malice**.

¥

Col 3:8 ... you yourselves are to put off all these: **anger, wrath, malice**, ...

¥ ¥

1Pet 2:1 ..., laying aside all **malice**, all deceit, hypocrisy, **envy**, and all evil speaking,

¥

Tit 3:3 For we ourselves were also once foolish, disobedient, deceived, serving various lusts and pleasures, living in **malice** and **envy, hateful** and **hating** one another.

By the way: **1Joh 3:15** Whoever hates his brother is a murderer, and you know that no murderer has eternal life abiding in him.

¥¥

TOXIC EMOTIONS AND IDOLATRY

Where do toxic emotions come from?

¥

Jam 4:1 Where do wars and fights come from among you? Do they not come from your desires for pleasure that war in your members? **2** You **lust** and do not have. You murder and covet and cannot obtain. You fight and war. Yet you do not have because you do not ask.

g1939. ἐπιθυμία epithymia; from 1937; a longing (especially for what is forbidden): — concupiscence, desire, lust (after).

AV (38) - lust 31, concupiscence 3, desire 3, lust after 1;
desire, craving, longing, desire for what is forbidden, lust

No only sexual...

An overarching desire—a “must have” believe...

Lust for something you have to have: a false God—an idol...

¥¥

St. Augustine:

¥

“Toxic emotions are like smoke from a fire. If you follow the trail of the smoke it always lead to a place in your soul where you have erected an altar to a false God—an idol.”

¥¥

IDOL DEFINITION

What exactly is an idol?

The knowledge of the love of God, the knowledge of the—life sustaining, soul satisfying—love of God is what we’re born without as fallen creatures:

It makes us insecure and dissatisfied—we know something’s missing...

We try to save ourselves, but it leads us to selfish actions that leave us full of guilt and shame, that in turn, make us more insecure and dissatisfied—a vicious cycle of misery.

¥

An idol is a false God: Something we put our hope in, something that we believe will save us from our insecurity and dissatisfaction other than the One True God.

See what God says about it:

¥¥

Jer 2:13 “For My people have committed two evils:

(¥) They have forsaken Me, the fountain of living waters,

(¥) And hewn themselves cisterns—broken cisterns that can hold no water.

In practicality: An idol is something you feel you have to have in order to be happy, in order to make life worth living...

MEDITATION

Do you have any idols? Actually, are you aware of any of your idols..?

We all have them..!

From the toddler that cries for the toy he has to have,

to the teenager that lies, cheats and deceives in order to have that one thing that will surely rescue him from his boredom or his feeling of inadequacy...

to the middle-age husband that manipulates and goes to great lengths to secure the respect of his wife and kids, and peers at work...

We all have them..!

We are all worshipping creatures—the question is what we worship?

A false God (idol) = Bondage (angry, sad and lonely)

The One True God = Freedom (righteousness, peace and joy in the Holy Spirit).

Joh 8:34 Jesus answered them, “**Most assuredly, I say to you, whoever commits sin is a slave of sin.**

Rom 14:17 for the kingdom of God is ... **righteousness, peace and joy in the Holy Spirit.**

¥¥

IDOLATRY AS THE ROOT OF ALL SIN

All sin stems from some form of idol worshiping.

Jesus came to save us from these things (the hell within in the here and now).

Technically, Jesus didn't die in the cross to save us from hell, but to save us from our sins.

¥

Mat 1:21 And she will bring forth a Son, and you shall call His name Jesus, for **He will save His people from their sins.**”

Jesus die in the cross to save us from our idolatries—their root and all the misery that they produce!

Remember what I just told you: “The knowledge of the love of God is what we’re born without as fallen creatures.”

That is the problem we are all born with, and that is the problem we all need to fix before we step into eternity...

That is what Jesus came and died in the cross to give us—eternal life!

¥¥

Joh 10:27 My sheep hear My voice, and I know them, and they follow Me. **28 And I give them eternal life**, and they shall never perish; neither shall anyone snatch them out of My hand.

¥

Joh 17:3 And this is eternal life, **that they may know You**, the only true God, and Jesus Christ whom You have sent.

¥¥

SIN MANAGEMENT VS SIN ERADICATION

(¥) Sin bug = (¥) Insanity:

The all too natural tendency of the human heart to destroy both self and others. Being a sinner is like being insane...

¥

Joh 8:34 Jesus answered them, “Most assuredly, I say to you, **whoever commits sin is a slave of sin.**

¥

Rom 3:23 for **all have sinned** and fall short of the glory of God,

So we’re all born slaves to sin...

¥¥

The Law of God (law) = (¥) Straightjacket:

External boundaries and tips to show us what’s dangerous so that we don’t give in to it. To keep our sinfulness in check—to “manage our sinfulness.”

¥

The Gospel of the Grace of God (grace and truth) = (¥) The Cure:

The work of God in the heart that sets us free from sinful desires by making us truly fall in love with God and delight in Him instead of sin.

¥

Joh 1:7 For **the law** was given through Moses, but **grace and truth** came through Jesus Christ.

Don't miss the fact that there is clearly a distinction...

Is that which distinguishes a Judaism from Christianity.

EXHORTATION

Don't be content with the Sin Management of the Law. Shoot for the upward call of God of Sin Eradication (freedom from sin) by means of the Gospel:

¥¥

Gal3:21 (NLT) Is there a conflict, then, between God's law and God's promises? Absolutely not! If the law could give us new life, we could be made right with God by obeying it. **22 But the Scriptures declare that we are all prisoners of sin, so we receive God's promise of freedom only by believing in Jesus Christ.**

Sanctification by rest not by efforts...

Real freedom from sin comes not by something we "do", but by something we "believe"...

That's why Jesus says in: **Joh 6:28** Then they said to Him, "**What shall we do, that we may work the works of God?**" **29** Jesus answered and said to them, "**This is the work of God, that you believe in Him whom He sent.**"

¥¥

THE MIGHTY WEAPON OF THE GOSPEL MESSAGE

So how then do I get rid of my toxic emotions.?!

By believing the Gospel message that says:

(¥) **Jesus** (¥) + (¥) **NOTHING** (¥) = (¥) **Everything !!**

Basically, (¥) **YOU DON'T NEED ANYTHING**

You don't need anything because, in Christ, God already gave you everything you need for everlasting and unspeakable joy—"you are complete in Him."

¥¥

Col 2:8 Beware lest anyone cheat you through philosophy and empty deceit, according to the tradition of men, according to the basic principles of the world, and not according to Christ. **9 For in Him dwells all the fullness of the Godhead bodily; 10 and you are complete in Him, who is the head of all principality and power.**

2Cor 1:20 For all the promises of God in Him are Yes, and in Him Amen, to the glory of God through us.

This sheds new light into verses like these:

2Cor 12:9 ..., “My grace is sufficient for you, ...

¥¥

Jesus + NOTHING = Everything !!

The love of Christ is all you need for everlasting joy—“you are complete in Him.”

Phi 4:19 And my God shall supply all your need according to His riches in glory by Christ Jesus.

Jesus + NOTHING = Everything !!

The perfect love of God, that casts out all fear (1Joh 4:18), is all you need for perfect peace (Isa 26:3)—“you are complete in Him.”

Joh 6:29 Jesus answered and said to them, “**This is the work of God, that you believe in Him whom He sent.**”

Jesus + NOTHING = Everything !! I DON'T NEED ANYTHING

NOTE

Notice, this is not wishful-thinking, pie-in-the-sky, brain-washing, mumbo-jumbo:

We may not be able to enjoy all the fullness of life that God is YET, but that doesn't mean it's not already ours—we just need more training...

MAIN EXHORTATION

Let's train ourselves, let's learn, let's become proficient at using the Gospel to sanctify our soul from our idolatries.

PROCESS:

Toxic emotion appears | Follow the trace to identify the idol | SHOOT

Jesus + NOTHING = Everything !! I DON'T NEED ANYTHING

EXAMPLES

I don't need to be right...

It's okay to admit not having it all together, because I already have the acceptance of the Only One Whose acceptance and approval really matter — God!

I don't need the respect of my wife or the love of my husband...

In Christ, I am eternally and unconditionally loved!

I don't need this job to provide for my family...

Phi 4:19 And my God shall supply all your need according to His riches in glory by Christ Jesus.

I don't need my kids to turn out okay...

I don't need to justify my existence by producing results that secure me the approval of others... Because, it's not about what I do, but about what Jesus was already done on my behalf!

I don't need self-realization by being successful at work...

My identity as a Beloved Child of God is secure and untouchable—because of Christ!

Col 3:3 For you died, and **your life is hidden with Christ in God.**

WARNING

Don't get derailed... The main obstacle to real christian growth is this:

We use the Law to clean up our lives, but we're not using the Gospel to heal our souls...

That's why many of us end up like White Washed Tombs:

Mat 23:27 “Woe to you, scribes and Pharisees, hypocrites! For you are **like whitewashed tombs** which indeed appear **beautiful outwardly, but inside are full of dead men's bones and all uncleanness.** **28** Even so you also **outwardly appear righteous to men, but inside you are full of hypocrisy and lawlessness.**

God will give us the circumstances, we “work out our own salvation” by putting our hope in the Gospel of the grace of God, preaching it to ourself so we can believe unto freedom...

The wisdom of the Law will only help you contain/restrain/manage the damaging effects of our chains... Only the Gospel has the power to set us free!!

By all means, use the Law... But don't fall short to enter the Promised Land of the Spirit led life by neglecting the Gospel...

PROCESS:

Toxic emotion appears | Follow the trace to identify the idol | SHOOT

Jesus + NOTHING = Everything !! I DON'T NEED ANYTHING

¥

FINAL MEDITATION

Living in the power of the Spirit is more than wishful thinking... (¥) **The power to live the christian life is in the Gospel—in resting in what God has already done for us in His Son by believing it!**

¥

Isa 30:15 For thus says the Lord God, the Holy One of Israel:

“In returning and rest you shall be saved;

In quietness and confidence shall be your strength.”

But you would not,

16 And you said, “No, for we will flee on horses” —

Therefore you shall flee!

And, “We will ride on swift horses” —

Therefore those who pursue you shall be swift!

Moses is awesome, but Jesus is better than Moses:

Heb 3:3 For this One (Jesus) has been counted worthy of more glory than Moses, inasmuch as He who built the house has more honor than the house.

Real freedom from sin comes not by something we “do”, but by something we “believe”...

Sanctification by rest not by efforts...

¥¥

The main effort is to “enter His rest”:

¥

Heb 4:1 Therefore, since a promise remains of entering His rest, **let us fear** lest any of you seem to have come short of it. ... **11** Let us therefore **be**

diligent to enter that rest, lest anyone fall according to the same example of disobedience.

¥¥

Mat 11:28 Come to Me, all you who labor and are heavy laden, and I will give you rest. **29** Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.

PROCESS:

Toxic emotion appears | Follow the trace to identify the idol | SHOOT

¥

(¥) **THE MIGHTY WEAPON OF THE GOSPEL MESSAGE**

(¥) **Jesus + NOTHING = Everything !!**

(¥) **I DON'T NEED ANYTHING**

DISCIPLESHIP GROUP

Please precious people,

Let's train ourselves, let's learn, let's become proficient at using the Gospel to sanctify our soul from our idolatries.

Let's make every effort to instruct ourselves to be able to discern between Law and Gospel

so that the Gospel is not devoid of its life-giving power

and find ourselves ever stuck in the dessert with Moses (law)—

yes, out of Egypt, but not quite yet in the Promise Land (grace).

ANNOUNCEMENT

We're putting a discipleship group for this very purpose. Pray about your participation and let us know if you're interested...

¥

FINAL PRAYER

Let us pray...

¥