

**Emotions are both healthy and destructive.**

Emotions are strong, and destructive emotions often hard to restrain.

So listen to *2 Corinthians 4:7-10: The surpassing greatness of the power (is) of God and not from ourselves; we are afflicted in every way, but not crushed; perplexed, but not despairing; persecuted, but not forsaken; struck down, but not destroyed; always carrying about in the body the dying of Jesus, that the life of Jesus also may be manifested in our body.*

God is stronger than what I feel. The surpassing greatness of power is not from us, it is from God. It is our faith relationship that should lead our personalities, our direction, our goals and dreams. Faith in God and trust in God, and obedience to God should guide us, in order for God's thoughts to save us from our destructive feelings.

Trusting in God, waiting on him, will enable us to say with Paul: "*we are afflicted in every way, but not crushed; perplexed, but not despairing; persecuted, but not forsaken; struck down, but not destroyed*".

Although the dying, suffering and pain of Jesus remain with us in this world, the life of Jesus also manifests in us, giving us control over our emotions.

It is good and healthy to have insight in your emotions and to deal with them constructively. We should not have unfinished emotional business.

And we should grow to a place where our faith leads us from incurable slavery of our feelings, to the freedom in the living Lord that allows us to act wisely and powerfully.

The gospel is that in Christ we need not be crushed, experience despair, feel forsaken or be destroyed by what we feel.

Pauls words in *2 Corinthians 4: 7 - 10* teach that it is possible to be under pressure in difficult circumstances, yet control our emotions.

In the midst of even the most trying times, Paul was able to be strong in the Lord. But it starts with faith in God. It starts with trusting Jesus. It starts with living for him.