

TAMING THE SOUL
OCTOBER 5, 2016

ROM 12:1-2

1. Once saved, the body and soul need dealt with. The flesh needs crucified, and the soul needs tamed. To accomplish this, we must renew our minds with God's Word.
 - A. **PHIL. 2:12-13** – Work implies effort; out means what's inside must come outside; your salvation means we are responsible; fear means out of reverence for God who wants to accomplish His will in our lives.
 - B. **PS. 131:2 (NLT)** – Being weaned from our emotions is a process that requires effort on our part.
2. We all face problems that can challenge our emotions.
 - A. Financial, physical, marital, children, social issues, work related issues, loneliness, relational and more.
 - B. If allowed, these will lead to emotional issues: Anxiety, fear, tension, anger, jealousy, bitterness, dismay, discouragement, irritability, unforgiveness and the like.
3. Unresolved emotional issues can lead to:
 - A. Drug and alcohol abuse to escape reality.
 - B. Excessive self pity and a victim's mentality.
 - C. Emotional breakdowns.
 - D. Turning to a life of crime.
 - E. Exposure to suicidal spirits.
4. The example of Cain. **GEN. 4:1-8**
 - A. Cain's inability to tame his soul resulted in Abel's murder.
 - B. Cain felt rejected, but God rejected his offering, not him.
 - C. Cain was controlled by his emotions, not God' counsel. **GEN. 4:7**
 - D. "Be accepted" is an expression meaning "lifted up."
 - E. Cain chose to follow his emotions instead of God's Word.
5. God wants to be the one who helps us control our emotions.
 - A. **PS. 3:1-3** – He is the lifter of our heads.
 - B. **PS. 42:5-6, 11** – He is the health of our countenance.
6. We must understand the nature of spiritual warfare.
 - A. **2 COR. 10:3-5** – We must not allow thoughts to develop into imaginations and strongholds.
 - B. Jesus demonstrated this in the wilderness of temptation saying "it is written" three times.
 - C. **MT. 6:31** – Thoughts are taken by "saying." Whatever the thought is, we must learn to speak against it, not embrace it.
 - D. **GEN. 3:1** – "Hath God said" is the first question asked in the Bible. It cast doubt on what God said, and ignited feelings and emotions that shut God out and gave place to Satan.
 - E. **EPH. 4:26-27** – Uncontrolled anger gives ground to Satan.

CONCLUSION: Our emotions are a big part of who we are. We must not allow them to control our lives. It's up to us to wean ourselves from them by addressing them with the Word of God.