

Choosing Emotions That Heal You

I Samuel 1:3; 7-8; 10-11; 18

- I. 'Year after year' Elkanah 'went to worship & sacrifice to the Lord,' 1 Samuel 1:3.
- II. But destructive emotions raged within Hannah, 1 Samuel 1:7-8, 15.
- III. A few days later Hannah 'ate & her appearance was no longer downcast' 1 Samuel 1:18.
- IV. What changed? Hannah escaped destructive emotions by moving into God's healing emotions.
 - A. God's healing emotions, Galatians 5:22-23.
 - B. God's presence brings His emotions, 1 Samuel 1:18.
- V. Choose God's healing emotions.
 - A. Refuse to be pushed around by destructive emotions.
 1. Hannah "stood up" 1 Samuel 1:9.
 2. "This has gone on long enough."
 3. In spite of her feelings she believed in her God-given identity: went to the Temple.
 4. Who God made us, Colossians 1:13; Romans 6:6; 1 Corinthians 6:17; II Timothy 1:7.
 5. God waits for us to "stand up," Mark 10:46-47, 51-52 with Isaiah 30:18; 41:9.
 - B. Pour out your soul to the Lord, 1 Samuel 1:15.
 1. 'In bitterness of soul Hannah wept much & prayed to the Lord' 1 Samuel 1:10.
 2. 'Pouring out' empties us of destructive emotions which God absorbs into Himself, 1 Samuel 1:10, 15; Hebrews 5:7.
 3. 'Pouring out' allows 'pouring in,' 1 Samuel 1:18; Matthew 26:46; Acts 2:4, 14.
 - C. Go on with life, 1 Samuel 1:18.
 1. Hannah 'went her way;' no avoidance.
 2. Returned to life as a 'carrier' of God's emotions, Galatians 5:22-23; Acts 18:9-11.
- VI. God's healing emotions empower us to do His will, 1 Samuel 1:28, 2:1.

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