Taking Charge of Your Emotions!

Gregory Dickow
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Emotions—we all have them; unfortunately, there are times when they have us!

Wouldn’t you like to get control of them rather than them having control of you? You certainly can. But how? That’s what the next few pages of this book are going to show you.

Mastering Life. This whole teaching stems from the revelation that we were designed by God to master life, rather than it mastering us—that we were made in the image of God to reflect His power, His love and His authority in this earth.
It starts in our emotions, or our soul, because God says in 3 John 2 “Beloved, I wish above all things that thou may prosper and be in health, EVEN AS THY SOUL PROSPERS.” So as your soul goes, the rest of your life follows.

God created us to be in control as He is. However, in our failure to control our own self, we attempt to control others, in an effort to feel the superiority that God created us to have. Though perhaps currently displaced, it is God’s will for us to get back on top in this life—to reign in this life.

Mastering your emotions doesn’t mean not having emotions. God designed us to express passion and emotion; but sin, the devil and the curse have perverted these emotions so that they will hurt us and hurt others around us.

**Men, Women and Emotions.** While women identify with this subject easily, this is by no stretch of the imagination for women only. The fact is, women are blessed to be more
aware of their emotions (as your husband may attest, if you are married!)

Men have as many emotions as women. We need to get rid of the notion that women show their emotion more than men. The fact is, they show different emotions than men, but not more—perhaps simply more recognizable.

Women have more of a tendency to be expressive outwardly of their emotions; whereas men have more of a tendency to internalize their emotions and bury them. Now, a woman might have an outburst of her emotions verbally, but a man’s outburst of emotions might be a grunt or a sigh.

The Sand Box. Have you ever noticed little boys and girls playing? Perhaps you even remember playing in a sand box. A girl will be talking in the sandbox, saying something like: “Look at my beautiful castle, little boy! See the flag that I put on top? That’s where the princess is going to sleep and
this down here is where the front door is... and this over here is where the water goes all around the castle... Hey! Watch out! This is my river... don’t mess it up!”

What is the boy’s response? He grabs a truck and goes “vroom, vroom, mmm, mmm, mmm, mmm, mmmm.”

Then the little girl taps her friend and says, “Little boy, are you listening to me?” And he responds, “Hmmm?” He hardly talks! But he’s bothered by her interruption, nonetheless! Girls learn to vocalize themselves a whole lot earlier than boys do. Some boys never learn to express themselves but they’re always good at grunting!

When we grow up, a wife says, “What do you want for dinner tonight honey?” Husband’s response: “mmhmm” (Translation: “I don’t know.”)

Wife: “Well, I was thinking about making spaghetti. Would that interest you?” “Mmhmm.” (Translation: “fine with me!”)
Men express themselves differently than women, but both men and women, when they are not born again, are under the curse of being controlled by their emotions. As believers, we are redeemed from this curse; however, we need to learn how to walk out of being “emotionally ruled” people.

**The “C” Word: Control.** The word “control” is one of the most misunderstood words in our culture. It usually has negative connotations.

There has been a lot of Christian and secular writing that condemns the idea of a “controlling” personality. And rightly so, as it usually describes insecure people trying to control others in order to feel powerful or feel value.

People that try to control others are people who cannot control themselves—and usually this is found in the failure to control our emotions. We’ll deal more with this later, but it’s important for us to deal with the root causes of our problems at the onset so we can truly be free.
We all need to feel we are in control. There is nothing necessarily wrong with being in control. The issue is: what are we supposed to be in control of? When we get a hold of our thoughts, then we’ll have control of our emotions. When we get a hold of our emotions, we will have peace and security on the inside, eliminating our need to control others.

*I want to show you that if you can control your emotions, you can absolutely do anything!* Proverbs 16:32 says, “*Better is a man who can rule his spirit (emotions, attitudes) than one who can capture a city.*” Look at how powerful a person actually is who can control or “master” his emotions. He is more powerful than an army that takes a city!

In contrast, the person who is under the control of his emotions is like a person overtaken by an army.

But God made us to be in control—or better said: to walk in our authority.
• You can take control of your emotions.

• Self-control is a godly force designed by God to direct our lives where He has designed them to go.

• Uncontrolled and unyielded emotions lead to controlling the wrong thing: people.

In this book, I want to share with you the importance of taking charge of your emotions; the root cause of negative emotions; and a simple guide to dealing with the most common emotions in our lives.
About the Author

Gregory Dickow is the host of “The Power To Change Today,” a dynamic television show seen throughout the world, reaching a potential half a billion households. He is also the founder and Senior Pastor of Life Changers International Church, a diverse and thriving congregation in the Chicago area with several thousand in weekly attendance.

Known for his ability to communicate the power and principles of God’s Word clearly and concisely, Pastor Dickow lives to see the lives of people dramatically changed forever.

Pastor Dickow is also the host of “Ask the Pastor” a live radio show reaching the world through radio and the internet with live callers asking hard-hitting questions about their real-life problems. Pastor Dickow is reaching people personally, encouraging them and empowering them to succeed in every area of life.
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TAKING CHARGE OF YOUR EMOTIONS!

**Emotions:** We all have them—the problem is: sometimes they have us! But it's time to take them back!

In this life changing book, you will discover:
☞ How to change the way you feel
☞ How to get off the emotional rollercoaster!
☞ The root of depression and all negative emotions
☞ Freedom from anger
☞ Freedom from stress and much, much more!

GREGORY DICKOW MINISTRIES
P.O. Box 7000
Chicago, IL 60680
1-888-438-LIFE
changinglives.org