



"Triumphant In Christ, Victorious In Life"

TWCC Teaching Handout: "The Emotions of a Leader" – 1/31/2018

2 Timothy 1:7 (NKJV) – "For God has not given us a spirit of fear, but of power and of love and of a **sound mind.**" **(NLT)** - "For God has not given us a spirit of fear and timidity, but of power, love, and **self-discipline.**"

- **The Three-fold Nature of Man: 1 Thessalonians 5:23 (NKJV)** – "Now may the God of peace Himself sanctify you completely; and may your whole **spirit, soul, and body** be preserved blameless at the coming of our Lord Jesus Christ."

THE 3 PARTS OF MAN

1 SPIRIT

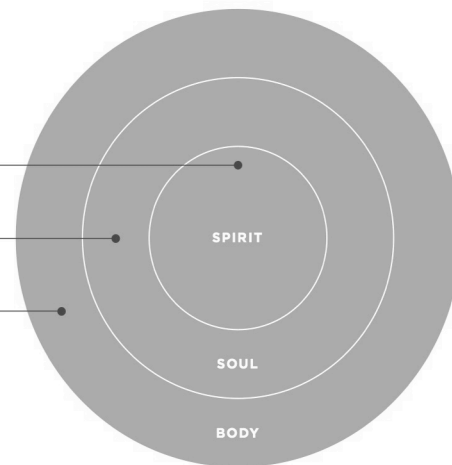
The spirit is man's hidden part, the deepest, innermost part. Our spirit was created to contact, receive, and contain God, who is Spirit.

2 SOUL

The soul is man's inward part. Our soul contacts the psychological realm, being composed of our mind, emotion, and will. Our soul thinks, feels, and chooses.

3 BODY

The body is man's outermost part. Our body contacts the physical realm through our five senses of sight, smell, taste, touch, and hearing.



And the God of peace Himself sanctify you wholly, and may your spirit and soul and body be preserved complete, without blame, at the coming of our Lord Jesus Christ. **1 Thessalonians 5:23**

- - You are a SPIRIT; you possess a _____; and you live in a BODY.
 - Spirit = the real you; Greek – *pnuema*; (Major Functions = (1) Conscience {the voice of your heart [spirit] and the guidance governer} (2) Intuition {inward knowing; knower; the place of divine illumination and revelation} and (3) Communion {spiritual fellowship; spiritual connectivity; mutual sharing of spiritualities})
 - Soul = Greek – *psyche*; (Components = (1) Mind/Intellect (2) Will (3) EMOTIONS.
- Emotions are the _____ of life. Emotions can be a great _____, or a wicked _____. Emotions are often seen as _____, but, they are given by God. Emotions can't be evil if they come from our Heavenly Father. God Himself has emotions.
- WHEN EMOTIONS ARE PUT IN THEIR PROPER PLACE, UNDER OUR CONTROL, THEY CAN SERVE US AS A _____. BUT WHEN EMOTIONS CONTROL US, THEY CAN BECOME A FRUSTRATING CURSE.
- Our life should be controlled by God's Word and the by the power of the Holy Spirit. They give us the ability to dominate and control our _____.
- Having one's emotions under control is a great mark of maturity.
- THE DEAL IS THAT EVIL EMOTIONS ARE A SIN AND SHOULD BE TREATED AS SUCH.

- God desires each of us to enjoy a life of healthy, toxic-free emotions that are in the control of the Word of God and the Holy Spirit through your spirit.
- Some Scriptural Admonitions for Emotional Lack of Control (ANGER): **Proverbs 29:11 (NLT)** – “Fools vent their anger, but the wise quietly hold it back.”; **Proverbs 29:22 (NLT)** – “An angry person starts fights; a hot-tempered person commits all kinds of sin.”
 - **Proverbs 15:13 (NLT)** – “A glad heart makes a happy face; a broken heart crushes the spirit.”

LEADERSHIP SECRETS FROM DAVID THE KING: Read Psalms 131

- David’s Secrets: 1st Secret: Freedom from Arrogance – **vs1**; 2nd Secret: Delegation – **vs1**
 - This is a must do as a leader. Both “strengths” and “weaknesses”.
 - Stop the Buck – Pass the Credit.
- 3rd Secret: Conquering the _____ - **Psalms 131:2**
- 4th Secret: Follow Those Who Went Before Him – **Psalms 131:3**
- New Testaments Admonitions: (**Read Ephesians 4:31 – 32; Colossians 3:12**)

THE EMOTIONS OF A LEADER:

- You will reproduce either emotional _____ or emotional _____.
 - DYS = diseased; abnormal; unhealthy; bad; difficult; impaired
 - FUNCTION = the action for which a person or thing is specially fitted or used or for which a thing exists: purpose. (**Read Romans 12:4 – 6 Message**)
- We _____ as a leader to facilitate the _____ of the Body; Leaders facilitate functionality of the Body.
- What should our “functionality” look like? (**Read John 14:12 NLT**)
- Some Principles to Learn:
 - **Principle #1 – The way we handle our emotions will determine how far our abilities will take us.**
 - IQ + EQ + GQ = Success in Life
 - EQ = emotional control in response to situations, struggles or stress
 - **Principle #2 – Emotions are contagious!**
 - Leaders must turn the tide of other’s emotions in a crises.
 - **Principle #3 – Emotional rest stops are essential.**
 - Jesus’ Pattern for Personal Renewal: (1) Set aside time (2) Find a quiet place (3) Pray and reflect (**Mark 1:35; Matthew 14:23; Luke 5:15–16**)
 - Merely changing locale will not guarantee emotional recharging. Rest stops provide opportunities to filter our emotions. (**Read Isaiah 30:15**)
 - **Principle #4 – Emotions should be stepping-stones to the Spirit.**
- **EMOTIONAL LAND MINES:**
 - #1) The Land Mine of _____. Learn to defuse criticism with prayer and blessing. (**1 Peter 3:9**)
 - #2) The Land Mine of _____. Never attribute ministry success to yourself! (**1 Corinthians 3:6 – 7**)
 - #3) The Land Mine of _____.
 - #4) The Land Mine of SELF-PITY. Self-pity is a result of two common habits: *comparing* ourselves to others and *competing* with them. (2 Corinthians 10:12)
 - #5) The Land Mine of the FEAR OF FAILURE. #6) The Land Mine of the FEAR OF REJECTION. #7) The Land Mine of LONELINESS.