

Types of Basic Emotions



1. Happiness



2. Sadness



3. Fear



4. Disgust



5. Anger



6. Surprise

f.001.tiff

“TRAPPED EMOTIONS CAN CAUSE YOU TO MAKE WRONG ASSUMPTIONS, OVERACT TO INNOCENT REMARKS, MISINTERPRET BEHAVIOR AND SHORT-CIRCUIT YOUR RELATIONSHIPS. EVEN WORSE, TRAPPED EMOTIONS CAN CREATE DEPRESSION, ANXIETY, AND OTHER UNWANTED FEELINGS THAT YOU CAN'T SEEM TO SHAKE. THEY CAN INTERFERE WITH THE PROPER FUNCTION OF YOUR BODY'S ORGANS AND TISSUES, WREAKING HAVOC WITH YOUR PHYSICAL HEALTH, CAUSING PAIN, FATIGUE, AND ILLNESS.” —THE EMOTION CODE

f.002.tiff

²⁰SO AHAB SENT TO ALL THE PEOPLE OF ISRAEL AND GATHERED THE PROPHETS TOGETHER AT MOUNT CARMEL. ²¹AND ELIJAH CAME NEAR TO ALL THE PEOPLE AND SAID, “HOW LONG WILL YOU GO LIMPING BETWEEN TWO DIFFERENT OPINIONS? IF THE LORD IS GOD, FOLLOW HIM; BUT IF BAAL, THEN FOLLOW HIM.” AND THE PEOPLE DID NOT ANSWER HIM A WORD. ²²THEN ELIJAH SAID TO THE PEOPLE, “I, EVEN I ONLY, AM LEFT A PROPHET OF THE LORD, BUT BAAL'S PROPHETS ARE 450 MEN... ²⁴AND YOU CALL UPON THE NAME OF YOUR GOD, AND I WILL CALL UPON THE NAME OF THE LORD, AND THE GOD WHO ANSWERS BY FIRE, HE IS GOD.” AND ALL THE PEOPLE ANSWERED, “IT IS WELL SPOKEN.” —I KINGS 18:20-22, 24

f.003.tiff

¹AHAB TOLD JEZEBEL ALL THAT ELIJAH HAD DONE, AND HOW HE HAD KILLED ALL THE PROPHETS WITH THE SWORD. ²THEN JEZEBEL SENT A MESSENGER TO ELIJAH, SAYING, “SO MAY THE GODS DO TO ME AND MORE ALSO, IF I DO NOT MAKE YOUR LIFE AS THE LIFE OF ONE OF THEM BY THIS TIME TOMORROW.” ³THEN HE WAS AFRAID, AND HE AROSE AND RAN FOR HIS LIFE AND CAME TO BEERSHEBA, WHICH BELONGS TO JUDAH, AND LEFT HIS SERVANT THERE. ⁴BUT HE HIMSELF WENT A DAY'S JOURNEY INTO THE WILDERNESS AND CAME AND SAT DOWN UNDER A BROOM TREE.

f.004.tiff

AND HE ASKED THAT HE MIGHT DIE, SAYING,
 “IT IS ENOUGH; NOW, O LORD, TAKE AWAY MY LIFE,
 FOR I AM NO BETTER THAN MY FATHERS.”
 5AND HE LAY DOWN AND SLEPT UNDER A BROOM TREE.
 AND BEHOLD, AN ANGEL TOUCHED HIM AND SAID TO HIM,
 “ARISE AND EAT.” 6AND HE LOOKED, AND BEHOLD,
 THERE WAS AT HIS HEAD A CAKE BAKED ON HOT STONES
 AND A JAR OF WATER. AND HE ATE AND DRANK AND
 LAY DOWN AGAIN. 7AND THE ANGEL OF THE LORD
 CAME AGAIN A SECOND TIME AND TOUCHED HIM AND
 SAID, “ARISE AND EAT, FOR THE JOURNEY IS TOO GREAT
 FOR YOU.” —1 KINGS 19:1-7

f.005.tiff

ELIJAH WAS *D-I-S-C-O-U-R-A-G-E-D!*

f.006.tiff

“DISCOURAGEMENT IS ONE OF THE
 COMMON EMOTIONAL BATTLES IN LIFE.
 DEFINED, ‘TO DEPRIVE OF COURAGE,
 TO DETER, TO DISHEARTEN AND
 TO HINDER.’ COMMON WORD
 ASSOCIATIONS: DISILLUSIONMENT,
 DESPAIR, DEFEAT, DEPRESSION.”

f.007.tiff

I. THE DOORWAYS THAT INVITE DISCOURAGEMENT:

- FEAR

f.008.tiff

**“WORRY IS PULLING TOMORROW’S CLOUDS
OVER TODAY’S SUNSHINE.”**
—ADRIAN ROGERS

f.009.tiff

I. THE DOORWAYS THAT INVITE DISCOURAGEMENT:

• **FATIGUE**

f.010.tiff

“FATIGUE MAKES COWARDS OF US ALL.”
—VINCE LOMBARDI

f.011.tiff

I. THE DOORWAYS THAT INVITE DISCOURAGEMENT:

• **FRUSTRATION**

f.012.tiff

I KINGS 19:9-10

f.013.tiff

I. THE DOORWAYS THAT INVITE DISCOURAGEMENT:

• FAILURE

f.014.tiff

“FAILURE IS UNIVERSAL. EVERY HUMAN BEING WHO HAS EVER LIVED—WITH ONE EXCEPTION—HAS SUCCUMBED TO FAILURE. WHAT MAKES THE DIFFERENCE IS HOW WE HANDLE OUR FAILURE. THE GREAT DANGER IS IN LETTING OUR NEGATIVE THOUGHTS AND IMPRESSIONS BE COMPOUNDED BY THE ADVERSITY WE SUFFER. WHEN THINGS GO WRONG, WE’RE MORE WILLING TO GIVE AN EAR TO THE ENEMY, THE WORLD’S GREATEST DE-MOTIVATIONAL SPEAKER, AND WE SLOWLY BUT SURELY BEGIN TO BUY INTO HIS LIES AND DISTORTIONS... I’M A FAILURE.” —DAVID JEREMIAH

f.015.tiff

2. THE STAIRWAY THAT LIFTS US OUT OF DISCOURAGEMENT:

STEP #1—TALK TO GOD

f.016.tiff

“WHEN YOU FIND YOURSELF DISCOURAGED
BECAUSE OF DIFFICULT CIRCUMSTANCES, IT IS EASY
TO LOOK AT YOURSELF AND YOUR FEELINGS,
OR TO FOCUS ON THE PROBLEMS AROUND YOU.
BUT THE FIRST STEP WE MUST TAKE IS TO LOOK
BY FAITH TO THE LORD AND REALIZE ALL THAT GOD
IS TO US. ‘I WILL LIFT UP MY EYES TO THE HILLS,
FROM WHERE DOES MY HELP COME? MY HELP COMES
FROM THE LORD WHO MADE HEAVEN AND EARTH.’”

—WARREN WIERSBE

f.017.tiff

2. THE STAIRWAY THAT LIFTS US OUT OF DISCOURAGEMENT:

STEP #2—TAKE A NAP

f.018.tiff

“WE DO NOT REST BECAUSE OUR WORK IS DONE;
WE REST BECAUSE GOD COMMANDED IT AND CREATED US
TO HAVE A NEED FOR IT.” —RICHARD A. SWENSON

f.019.tiff

2. THE STAIRWAY THAT LIFTS US OUT OF DISCOURAGEMENT:

STEP #3—THINK ABOUT TOMORROW

f.020.tiff

2. THE STAIRWAY THAT LIFTS US OUT OF DISCOURAGEMENT:
STEP #4—TRUST GOD’S PROMISE
 1 KINGS 19:18

f.021.tiff

**BE SOBER-MINDED; BE WATCHFUL. YOUR ADVERSARY
 THE DEVIL PROWLs AROUND LIKE A ROARING LION,
 SEEKING SOMEONE TO DEVOUR. —1 PETER 5:8**

f.022.tiff

**“FEELINGS ARE INDICATORS, NOT DICTATORS.
 THEY CAN INDICATE WHERE YOUR HEART IS
 IN THE MOMENT BUT THAT DOES NOT MEAN
 THEY HAVE THE RIGHT TO DICTATE
 YOUR BEHAVIOR AND BOSS YOU AROUND.
 YOU ARE MORE THAN THE SUM TOTAL
 OF YOUR FEELINGS AND PERFECTLY CAPABLE
 OF THAT LITTLE GIFT... CALLED SELF-CONTROL.”
 —LYSA TERKEURST**

f.023.tiff

**SO WE DO NOT LOSE HEART. THOUGH OUR OUTER
 SELF IS WASTING AWAY, OUR INNER SELF IS BEING
 RENEWED DAY BY DAY. —2 CORINTHIANS 4:16**

**AND LET US NOT GROW WEARY OF DOING GOOD,
 FOR IN DUE SEASON WE WILL REAP,
 IF WE DO NOT GIVE UP. —GALATIANS 6:9**

**I HAVE SAID THESE THINGS TO YOU,
 THAT IN ME YOU MAY HAVE PEACE. IN THE WORLD
 YOU WILL HAVE TRIBULATION. BUT TAKE HEART;
 I HAVE OVERCOME THE WORLD. —JOHN 16:33**

f.024.tiff

2. THE STAIRWAY THAT LIFTS US OUT OF DISCOURAGEMENT:
STEP #5—TEAM UP WITH ANOTHER BROTHER
I KINGS 19:19-21

✂.025.tiff

“EVERY PERSON WHO HAS GROWN
TO ANY DEGREE OF USEFULNESS,
EVERY PERSON WHO HAS GROWN TO
DISTINCTION, ALMOST WITHOUT EXCEPTION
HAS BEEN A PERSON WHO HAS RISEN
BY OVERCOMING OBSTACLES, BY REMOVING
DIFFICULTIES, BY RESOLVING THAT WHEN HE
MET DISCOURAGEMENT HE WOULD
NOT GIVE UP.” —BOOKER T. WASHINGTON

✂.026.tiff