
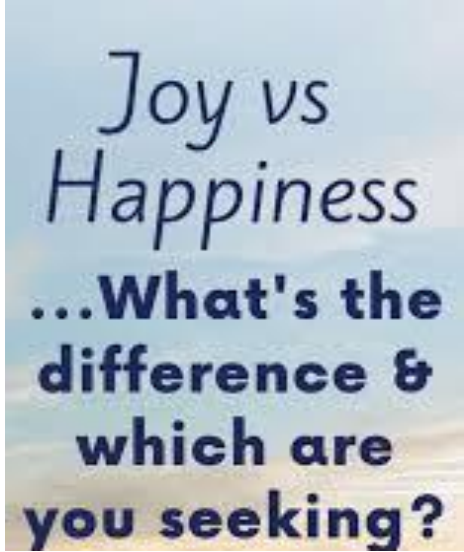
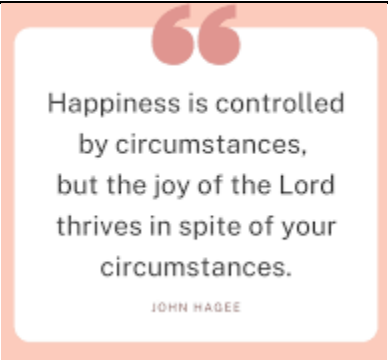



<p>St. Paul AME Church's WInGS (Women In God's Service)</p> <p><b>Women In God's Service Bible Study</b></p> <p><b>SERIES: Preparing to Serve in a Deeper Way in 2022</b></p>		
<p>Rev. Robert Hodges, Pastor * Sis. Delores Hodges, First Lady</p> <p>P. E. (Ret.) Ella Samuels, Teacher * Rev. Dr. Barbareta McGill, Assistant - as the situation requires. (Thanks)</p>		
<p>Teleconference Women's Bible Study Ella Samuels, P. E. (Ret.), Teacher Ph. #: 716-427-1082 Code: 506451 <b>March 19, 2022</b> <b>@10:40AM</b> <b>It's Time To</b></p> 	<p><b><u>Managing our Emotions</u></b> <b>Word; Happiness vs. Joy</b></p> 	 <p>You may notice the Bible often uses the word joy instead of happiness. Finding happiness in the Bible isn't easy. These two words are often used interchangeably, but they aren't the same.</p>
<p><b>it's time to PRAY</b> With <b>Sis. Robin Starr</b></p>	<p>Please be prepared to read other scriptures when needed. <b>Sis. Lillie Harris</b> <b>1Thessalonians 5:22</b> <b>James 4:7</b> <b>1John 4:4</b></p>	<p>Please be prepared to read other scriptures when needed. <b>Sis. Shirley Staton</b> <b>1Corinthians 10:13</b> <b>2Corinthians 10:4-5</b></p>
<p><b>LESSON</b>  <b>From March 12th</b></p>		

- There are six(6) things that the Lord hates. Complete:  
 \_\_\_\_\_ eyes. A \_\_\_\_\_ witness. A \_\_\_\_\_ Tongue  
 A \_\_\_\_\_ that devises \_\_\_\_\_ schemes. A person that \_\_\_\_\_  
 up \_\_\_\_\_. \_\_\_\_\_ that are quick to \_\_\_\_\_  
 \_\_\_\_\_. \_\_\_\_\_ that \_\_\_\_\_ innocent  
 \_\_\_\_\_.
- In times of sorrow we can have \_\_\_\_\_ if we know God; Abide in Christ; Are filled with the Holy Spirit.
- God not only wants us to know that He **thinks** about sin, but He also wants us to know \_\_\_\_\_  
 \_\_\_\_\_.
- Complete: God's anger grows out of His \_\_\_\_\_.
- Complete: All scripture is \_\_\_\_\_.
- Complete: The Devil is the father of \_\_\_\_\_.
- When religious teaching is presented as truth but cannot be verified by the scripture, it's called  
 \_\_\_\_\_.

8. Complete: A \_\_\_\_\_ person is one who twists the truth for his/her own ungodly agenda.
9. Complete: A perverse person sows \_\_\_\_\_.
10. A \_\_\_\_\_ person is satisfied with things the way they are, even their spiritual life, and don't see a need to strive to do better. We should have \_\_\_\_\_ fervor. That is, we should strive to keep our passion to grow in our walk with God.

### *The Introduction to Today's Lesson on Emotions*

Written by Ella Samuels (Ret. P.E.) and Read by:

*Sis. Zena Anderson*

As we have been reminded, our emotions define the feelings we are experiencing at a given time. All emotions should be acknowledged, however – as Christians - we must learn how to respond to our emotions in a Godly manner. **(Sis. Lillie please read 1Thessalonians 5:22)** Upon acknowledging our feelings and emotions, we must take responsibility for them. We must not allow them to control us. Self-control is a fruit of the Spirit that's given to us to help us control *ourselves*. We can *choose* not to act on an emotion, if we know our actions are going to be ungodly. As we understand our emotions better, we will also learn more about ourselves.

Managing our emotions is not always easy. We all have moments that touch the soft spots of our soul. We may not be able to ward off an emotion, but we can choose to control our response. Can you think of a time when you allowed your emotions to rule you? **Maybe we ALL** have had moments when a situation brought out the worse in us. However, the more we understand God's Word, our emotions, and ourselves, the better we will be able to manage our emotions. **(Sis. Shirley please read 1Corinthians 10:13)** God does not promise to keep our lives free from difficulties. He does not promise to exempt us from fiery trials and troublesome temptations - nor does He promise us that we will not face persecutions, but He does promise to provide a way of escape, so that we may be able to bear whatever Satan sends our way to make us fall short of God's Glory. Sometimes we might feel as though we are the only one going through certain things, but God's Word reminds us that we haven't faced anything that others have not, and are not, facing. **(Sis. Lillie please read James 4:7)** In managing our emotions, we can yield to the Holy Spirit within us **OR** we can submit to the evil influences of Satan. It's important for us to understand that we must continually submit ourselves to God, not just one time – asking Him into our hearts – but continually, this keeps us in a close relationship with God. Satan wants us to listen to things he whispers to us, then he wants our emotions to get set off, which will cause us to react to Satanic emotions and sin. But, keep in mind, the closer we live to God the easier it be for us to resist Satan. **(Sis. Shirley please read 2**

**Cor 10:4-5)** From the moment we get saved, we enter into a Spiritual Battle with Satan. That's why we **must** have the Holy Spirit within us so that we can fight the battles with power. We have the truth of God's Word, which can overpower any evil weapon the enemy may use against us. Through the power of the Holy Spirit, we can take every evil thought captive, causing our mind, our speech, and our actions to be obedient to the Word of Almighty God! With the power of the Holy Spirit living within us we can, **and will**, be able to manage our emotions in ways which will glorify God. **(Sis. Lillie please read 1John 4:4)** Our power does not come from our own strength. Our power comes from Him who is able to give us sufficient strength and Godly wisdom to resist the enemy and all his demons. When we put our confidence in God, instead of our flesh, we **will be** able to manage our emotions in a Godly manner – and bring Glory to God. There may be times when our emotions may **seem** unmanageable, but the Holy Spirit is greater than our emotions. So, if we are Holy Ghost filled, we should yield to **Him** and allow Him to direct us in managing our emotions, which is far better than having to manage the damage done, by allowing our emotions to control us. Today our lesson on emotions will continue. **Happiness versus Joy, which one are you seeking?**

**Quote from Biblereasons.com "Happiness is smiling when the sun's out, joy is dancing in the downpour."**

*Lesson for Today*  
*The Biblical Perspective on "Managing Our Emotions"*  
*Taught by: Presiding Elder Ella Samuels (Retired)*  
*Foundation Scriptures:*

**Let us join Pastor Minnie Pitts**  
**In**  
**Prayer**  
As we prepare to depart, let us share in the Peace  
**Presiding Elder Samuels: "The peace of God be with you."**  
**Class: "And also with you."**