



October 05, 2008

## The Top 6 Emotional “Musts”

*(How to take control of how you feel)*

(SERIES: Mastering My Emotional Monsters: 01 of 08)  
by Dr. David Foster

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"...the LORD God formed the man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being." (Gen 2:7)

### Which are you?

I am a **feeling, acting, thinking** person.

I am an **acting, feeling, thinking** person.

I am a **thinking, acting, feeling** person.

### The Top 6 Emotional “Musts”

I must **bully my body.**

"Like an athlete *I punish my body*, treating it roughly, training it to do what it should, **not what it wants to. . .**" (1 Cor 9:27)

I must **master my motivations.**

"Cross-examine me, O Lord, and see that this is so; test my motives and affections too." (Psa 26:2)

I must **watch my words.**

"But I tell you that men will have to give account on the day of judgment for every careless word they have spoken." (Mat 12:36)

I must **manage my money.**

"For the love of money is the first step toward all kinds of sin. Some people have even turned away from God because of their love for it, and as a result have pierced themselves with many sorrows."  
(1 Tim 6:10)

I must **take control of my time.**

"Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes." (James 4:14)

I must **restrain my responses.**

"Don't copy the behavior and customs of this world, but be a new and different person with a fresh newness in all you do and think. Then you will learn from your own experience how his ways will really satisfy you." (Rom 12:2)