

MOOD SWINGS

Mastering Your Moods

- God wants us to master our moods.

(Proverbs 4:23) Above all else, guard your heart, for everything you do flows from it.

- Every decision we make have emotions related to it.
- Mood: a temporary state of mind or feeling.
- A mood is something we carry
- We should have a sustainable joy

Mood swing: an abrupt change of mood

(Jeremiah 17:9) “The heart is deceitful above all things, And desperately wicked; Who can know it?”

- Sometimes the heart can manipulate us.
- I am in control of what feelings I entertain and for how long. Like surfers and waves.
- We can't graduate into new seasons until we have mastered our moves.
- Being in the wrong mood can cause us to miss His favor, miss precious moments with family and disengage in relationships we need to engage in.
- Moods set the atmospheres of a home.
- Wrong moods can cause us to lose a job or promotion.

GOD HAS A FORMULA TO HELP US HAVE VICTORY OVER WRONG MOODS

(Psalm 42:5) Why are you cast down, O my soul? And why are you disquieted within me? Hope in God, for I shall yet praise Him. For the help of His countenance.

- Just because you have a bad day doesn't mean you should have a bad week
- What is putting you in this mood?
- Why have you given the keys to your heart to somebody else?
- Who are we delegating our mood to?
- Our mood determines our behavior
- Our mood flows from our heart that's why it's important to guard it.

5 ways to Master our Mood

1. Think your way out of it.

(Philippians 4:8)

Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if *there is* any virtue and if *there is* anything praiseworthy—meditate on these things.

You can't guard something you don't own. We can't delegate our mood. It's not up to their apology, kindness, or whatever.

2. Talk yourself out of it. Speak words of life and hope. You can't live a positive life with a negative mouth.
3. Think your way out of it. Find something to be grateful for.

(Psalms 42:5-6)

Why are you [cast](#) down, O my soul? And why are you disquieted within me?

Hope in God, for I shall yet praise Him. *For the help of His countenance.* O my God, my soul is cast down within me; Therefore I will remember You from the land of the Jordan, And from the heights of Hermon, From ¹the Hill Mizar.

4. Get your eyes off yourself and look to help others.

(2 Samuel 12:16-25)

No one can get you up but YOU!!!

5. Praise your way out of it!

Discussion Questions

1. Were you able to identify a specific mood you've been dealing with?
2. Can you identify the source of this mood?
3. What steps will to take to overcome it?