

Man, Mastering His Emotions

^{NLT} **Genesis 4:3** When it was time for the harvest, Cain presented some of his crops as a gift to the LORD. ⁴ Abel also brought a gift—the best portions of the firstborn lambs from his flock. The LORD accepted Abel and his gift, ⁵ but he did not accept Cain and his gift. This made Cain very angry, and he looked dejected. ⁶ **“Why are you so angry?”** the LORD asked Cain. **“Why do you look so dejected?”** ⁷ You will be accepted if you do what is right. But if you refuse to do what is right, then watch out! Sin is crouching at the door, eager to control you. **But you must subdue it and be its master.”**

^{KJV} **Proverbs 23:7a** For as he thinketh in his heart, so is he:

^{KJV} **1 Corinthians 13:11** When I was a child, I spake as a child, I understood as a child, I thought as a child: but **when I became a man, I put away childish things.**

Why is there so much shooting and murder by males?

Why does it seem males are so angry?

Is something going on inside of men other than anger?

I

Cain became so angry he murdered his brother.

God asked, “Why are you angry? Why do you look dejected?” **Vs 6**

“I want to cry, but I can’t.” “I’ll look weak if I express how I really feel.”

“I’m tired of always being the problem.” “Life is no longer worth living.”

Men suffer in **silence**, condemning themselves as if they were never allowed to make a **mistake**.

Men also repress their childhood trauma instead of **releasing** it.

Like Cain, pain, hurt, and disappointment are released in anger by men.

II

If a man thinks he cannot control his emotions and rule over them, he will be **emotionally incarcerated**.

“As he thinks so is he.”

When we hide or deny our negative emotions, they become toxic and fester like **infectious wounds**.

Brother’s life is painful. Life has hurts and disappointments.

We can **repress** it or **release** it!

^{KJV} **Isaiah 53:3** He is despised and rejected of men; **a man** of sorrows, and acquainted with grief: and we hid as it were our faces from him; he was despised, and we esteemed him not.

Jesus went **through** the pains of life.

^{KJV} **John 11:35** Jesus wept.

“When a man cannot introspectively confront his negative thoughts and emotions, he will always be conquered by them, communicating without composure and hurting those he loves.” Battle Cry Jason Wilson

III

The fellowship of men helps us to bear one another’s **burdens**.

You don’t have to go it alone!

^{KJV} **1 Corinthians 13:11** When I was a child, I spake as a child, I understood as a child, I thought as a child: but **when I became a man, I put away childish things**.

From childhood, emotional barriers arise when we **experience** failure, embarrassment, and rejection, just to name a few.

We reject some of these barriers on our own in hopes of protecting our hearts from any more painful experiences.

It's crucial that we learn how to sit still with our thoughts and feelings so we can express how we feel without losing self-control.

The mind can only bear so much before it breaks down.

A comprehensive man is courageous but also compassionate, strong but sensitive.

A man lives freely from the good in his heart and not his fears.

A comprehensive man embraces all his emotions so he can express them rather than be ruled by them.

Shalom!

^{KJV} **Matthew 5:9** Blessed are the peacemakers: for they shall be called the children of God.

Peace is not a place; it's a state of mind that releases negative thoughts, reflects on what's good, and resets, so that it stays focused on Yah, the Lord.

"Peace has to be in us before it can be around us." Battle Cry Jason Wilson

*Rhema Christian Center
Bishop La Fayette Scales
Father's Day Message
Saturday & Sunday, June 17 & 18, 2023
9:30 a.m.*