

Securing Your Emotions in a Godly Way

The Lord dropped this word into my spirit recently:

“The Word of the Lord will remain standing long after your circumstances have passed. It will be here long after you have passed from this Earth. What will you put your trust in—your circumstances or the Word of the Lord?”

You’ll remain standing with changing circumstances only to the degree that you put your trust in that which does not change.

Consider this: Your emotions change even more than your circumstances do. If you do not learn to secure your emotions in godly ways, you can hurt yourself or other people.

The next time your emotions overwhelm you, take a moment to consider where you’ve placed your trust.

Do you have a word from the Lord to stand on to secure them—keep them from driving you to destructive behavior?

If not, you need to get one (or several). One of my favorite scriptures that I use as a prescription is Isaiah 26:3: “You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You.”

Occupy your mind with the word on which you are standing. I always like to think of meditating on God’s Word as putting my mind to work on it.

Ask the Lord in prayer to show you how to put that word into practice in your life. Every time you practice God’s Word, it becomes part of who you are.

As God’s Word begins to shape your life, you will find yourself remaining emotionally stable, no matter what storms

come.

Just like Noah built an ark for safety when the floods came, so you build an ark to weather the turbulent times of life.

Storms are going to come. The question is always: Are you ready for them? {eoa}

*Once 240 pounds and a size 22, **Kimberly Taylor** can testify of God's healing power to end binge eating. She is an author and the creator of the Christian weight-loss website . Visit today for inspirational health and weight-loss tips.*

For the original article, visit .