

Anchored in the Storm: How Emotional Stability Fuels the 2025 Revival

We are in the midst of a global spiritual awakening. Across nations, cities and communities, revival is breaking out. The hunger for God is rising, with mass gatherings, worship movements and spontaneous baptisms making headlines. From the streets of Los Angeles to college campuses in Texas and even into secular strongholds like London, 2025 is shaping up to be a year of divine disruption.

But in the middle of this move of God, many believers are struggling emotionally. Behind the scenes of public revival, people are battling fear, anxiety, burnout and hidden wounds. It raises a critical question: What good is a public outpouring if we're privately falling apart?

Breaking News. Spirit-Filled Stories. Subscribe to Charisma on YouTube now!

The Holy Spirit is not just igniting crowds. He's healing individuals. And if we want to be part of what God is doing in this hour, we must deal with what's happening in our own hearts.

As I share in my book, *Satan, You Can't Rule My Emotions*, revival is not sustainable without emotional stability. You cannot carry the fire of God while living in constant emotional turmoil. Your emotions must come under the authority of the Holy Spirit, just like your words, your actions and your thoughts.

Personal Revival Prepares You for Public Outpouring

Many people watched the Jesus March 2025 with amazement as thousands flooded city streets in prayer and worship. But I want to ask: What happens after the march? Are we cultivating daily revival in our prayer closets? Are we allowing the Lord to deal with our anger, our shame, our fear?

Get your FREE CHARISMA NEWSLETTERS today! Stay up to date with current issues, Holy Spirit news, Christian teachings, Charisma videos & more!

The great moves of God always begin with consecration. Before revival shakes a nation, it shakes a soul. When your emotions are submitted to the Holy Spirit, you don't just feel inspired at an event—you become a fire starter in your home, your church and your workplace.

Emotional Healing Is Part of the Harvest

Right now, there is a surge of young people turning to Christ. In the UK alone, thousands of Gen Z students are showing up to prayer meetings and evangelistic gatherings. But emotional trauma is rampant among this generation. They need more than inspiration—they need healing.



To order Iris Delgado's new book, [Satan, You Can't Rule My Emotions](#), visit .

God is not only saving souls; He's restoring emotional health. That's why it's crucial for believers to recognize emotional warfare as a part of spiritual warfare. The enemy would love to use your emotions to sabotage your assignment. But when you

understand your authority in Christ, you can say, “Satan, you can’t rule my emotions.”

What You Can Do Now

- Anchor in the Word: Read the Bible daily and declare God’s truth over your emotions. Let Scripture shape how you respond to pressure and uncertainty.
- Guard Your Mind: Be mindful of what you consume—media, conversations, even social feeds. Not everything that feels urgent is eternal.
- Stay in Community: Revival is sustained in relationship. Surround yourself with people who speak life, pray with you and walk in truth.
- Practice Spirit-Led Stillness: Don’t confuse noise with anointing. Sometimes the deepest revival happens in stillness, where God heals what performance hides.

Revival Starts With You

Revival is real. It’s happening now. But for it to last, it must go beyond events and headlines. It must reach your soul.

Let this be the year you let the Holy Spirit do more than stir your emotions. Let Him rule them. Let Him anchor you. And from that place of stability, go light the fire of revival wherever you walk.

Join Charisma Magazine Online to follow everything the Holy Spirit is doing around the world!

Say it today and every day: Satan, you can’t rule my emotions. Not in this revival. Not in this season. Not ever.

Iris Delgado, PhD, is the founder of Crowned with Purpose Ministries. She is the author of a series of books that

include Satan, You Can't Have My Children; Satan, You Can't Have My Marriage; Satan, You Can't Have My Promises; Satan, You Can't Have My Miracle; and her new book, Satan, You Can't Rule My Emotions, available now on . Iris and her husband, John, live in Dallas.