



Living Above Your Emotions - Joseph

GENESIS 39: 3, 21

How are we to live above our emotions?

- ▶ **Key Thought:** Living life abundantly this year, is more about a quality or condition of your mind, your will, and emotions than it is about your circumstances! It is living above your emotions.
 - ▶ It requires bringing you're a) emotions under your spirit man (inner man Eph 3:16) and b) submitting your mind, will, emotions to God and c) knowing He is in control and that will lead to good life abundantly!
 - ▶ A Key to watch for in this message is God "WITH".



Joseph's life

- ▶ Joseph's life is a story of peak to valley and back to peak again. Genesis 30, 35 to 50
 - ▶ Grew up in a godly family (Jacob) (good circumstance) but with a lot of family issues. (bad circumstance)
 - ▶ At age 17, he is loved by his father (good circumstance) and then has two dreams that get his family upset, especially his 10 brothers. It gets him sold into slavery in Egypt. (bad circumstance)

Joseph's life

- ▶ Joseph's life is a story of peak to valley and back to peak again.
 - ▶ Joseph, a man of good character, rises to be head of Potiphar's house (good circumstance).
 - ▶ But then resists the wife's temptation and is put in prison (bad circumstance).
 - ▶ Joseph, in prison and because of his good character, rises to be in charge of the prison (good circumstance).
 - ▶ But is in there perhaps from about age 20 to 28. He helps two men and interprets their two dreams but is forgotten in prison for another two years. (bad circum.)



Joseph's life

- ▶ Joseph's life is a story of peak to valley and back to peak again.
 - ▶ At age 30, Joseph is brought before Pharaoh and interprets the 2 dreams of Pharaoh. Seven good years and seven bad years.
 - ▶ Joseph is promoted to the position just under Pharaoh (good circumstance).
 - ▶ He then is faced with the emotional wounds when his family shows up during the 7 years of famine (bad circumstance). But finally He overcomes with total forgiveness.



1) Joseph was a man of good character.

- ▶ In growing up with his brothers who disliked him, Joseph never became bitter.
 - ▶ Then sold as a slave to traders going to Egypt.
 - ▶ Then in Potiphar's house.
 - ▶ Then in the prison.
- ▶ There was no substitute for good character in Joseph's and God sees it and rewards it.
- ▶ Today the Holy Spirit helps us even more to maintain a good character. Gal. 5:22

2) God was "WITH" him.

- ▶ Three key verses showing what kept Joseph from getting bitter, angry and despairing...
 - ▶ Gen 39:3 And his master saw that the LORD was with him
 - ▶ Gen 39:21 But the LORD was with Joseph, and showed him mercy
 - ▶ Act 7:9 "And the patriarchs (10 brothers), becoming envious, sold Joseph into Egypt. But God was with him
- ▶ Amazingly - God protects you (is with you) even before you are a believer, and then is with you and in you after becoming a believer in Jesus.

3) Joseph always maintained a good attitude.

- ▶ In all of the chapters about Joseph (Gen. 30, 35-50) we never see Joseph having a bad attitude in bad times. *When all you have is God, then all you need is God!*
- ▶ Negative Emotions are usually not trustworthy about a situation, because your emotions many times do not know the future. *Your Emotions just happen, but what you do with your emotions makes a difference.*
- ▶ God has given us the ability to have a good attitude and to reign in our emotions under our inner spiritual man and live above our emotions.

You must live by faith and above your emotions.

- ▶ Therefore, we live by faith and not emotions because -
 1. God has given us the ability to have good character and good character is rewarded. It shows in how you treat people.
 2. God is always with you. God has given you the ability to have a good attitude and to reign in your emotions under your inner spiritual man who will rule over your emotions!
 3. Speak to your emotions and get them in second place-
"Spiritual Alignment" - #1 Spirit - #2 Soul and #3 Body.
I Thess. 5:23

