

**Before you make a resolution, you need revelation.**

- Your resolution may be to detox in 2021.
- The revelation is: **start by detoxing your spirit, heart & mind** of negative emotions.

**Toxic emotions** have the biggest impact on the person who holds onto them.

Every toxic emotion is **a weight on your spirit, mind & heart.**

**In the natural**, if you repeatedly carry or lift a weight, the easier it is to carry or lift it.

**In the spiritual**, the longer you carry a weight,

- The heavier it becomes.
- The more it drags down your spirit, mind and heart.

If negative emotions are your **natural habitat**, you need to drop that weight.

If despair and discouragement are your **default settings**, you need to drop that weight.

**Lighten your load. Drop the weight of toxic emotions.**

How much room do you have in your heart for God?

You are responsible for making room in your heart for God.

Everyone has a God-shaped space in their heart.

If you clear out the negative emotions that clutter that space, you will have more room for God. **And God will fill you according to your capacity to be filled.**

**Like the widow with the jar of oil. (2 Kings 4:1-7) NKJV**

The oil continued to flow until every empty vessel was full.

When you encounter situations that trigger negative emotions, remember that **your response is your responsibility.**

**People who provoke you are powerless without your negative reaction.**

**Once you are provoked, negative emotions will take hold if you are more self-conscious than God-conscious.**

**Every negative emotion is an opportunity for the enemy to distract you from your purpose.**

**Every negative emotion is a serpent in the garden of your spirit, your mind and your heart.**

**In the natural, most snakes** fall into one of two categories:

- Snakes who use **venom** to immobilize or kill their prey before devouring them. (examples: cobras; rattle snakes; pit vipers; adders; asps)
- Snakes who **squeeze** the life out of their prey before devouring them. (examples: boa constrictors; anacondas; pythons) The squeezing cuts off circulation and prevents breathing.

**A few species of snakes do both: poison and squeeze.**

**Negative emotions slither in if you let them, then they poison and squeeze.**

**Negative emotions come to kill, steal and destroy your joy.**

- Negative emotions will **poison your mind against yourself and against others.**
- Negative emotions will **squeeze the peace and joy out of your spirit and heart.**

**In the natural, you stop the effect of snake venom with anti-venom. Your anti-venom for negative emotions is the Word of God.**

### **Romans 12:2 NKJV**

And do not be conformed to this world, but be transformed **by the renewing of your mind**, that you may prove what is that good and acceptable and perfect will of God.

**Renew your mind by meditating on the Word.**

**The Word of God will help you protect your heart and your mind.**

### **Philippians 4:6-8 NKJV**

6 **Be anxious for nothing**, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and **the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.**

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.**

Every negative/toxic thought and emotion is a weight chained to your spirit. For every toxic thought and emotion chained to your spirit, there is scripture to break the chains. The choice is yours: what you think; how you feel.

### **Deuteronomy 30:19 NKJV**

I call heaven and earth as witnesses today against you, that I have set before you life and death, blessing and cursing; therefore **choose life**, that both you and your descendants may live;

### **John 6:63 NKJV**

63 It is the Spirit who gives life; the flesh profits nothing. **The words that I speak to you are spirit, and they are life.**

### **Psalm 51:10 NKJV**

Create in me a **clean heart**, O God,  
And renew a **steadfast spirit** within me.

God will clean out the emotional clutter if you ask Him, if you allow Him.

### **2 Corinthians 10:3-6 NKJV**

3 For though we walk in the flesh, we do not war according to the flesh. 4 For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, 5 casting down arguments and every high thing that exalts itself against the knowledge of God, **bringing every thought into captivity** to the obedience of Christ, 6 and being ready to punish all disobedience when your obedience is fulfilled.

### **2 Corinthians 10:4-6 The Message**

3-6 The world is unprincipled. It's dog-eat-dog out there! The world doesn't fight fair. But we don't live or fight our battles that way—never have and never will. The tools of our trade aren't for marketing or manipulation, but they are for demolishing that entire massively corrupt culture. **We use our powerful God-tools for smashing warped philosophies, tearing down barriers erected against the truth of God, fitting every loose thought and emotion and impulse into the structure of life shaped by Christ.** Our tools are ready at hand for clearing the ground of every obstruction and building lives of obedience into maturity.

Consider some of the negative emotions you experience.

<b>Emotion</b>	<b>Concepts and Scriptures</b>
Abandoned/Alienated/ Empty/Excluded/ Forgotten/Ignored/ Insignificant/ <b>Lonely</b> / Small/Invisible/Not needed/Outcast/Rejected/ Unaccepted/Unloved/ Unwanted	<ul style="list-style-type: none"> <li>• <b>God will never leave you nor forsake you.</b></li> <li>• <b>God loves you so much that He gave His best to save you.</b></li> </ul> <p>Hebrews 13:5-6 NKJV</p> <p>John 3:16 NKJV</p>
<b>Despair</b> /Grief/Heartache/ Misery/ <b>Sadness</b> / Sorrow	<ul style="list-style-type: none"> <li>• <b>Jesus came to heal the broken hearted.</b></li> </ul> <p>Psalm 34:18 NKJV</p> <p>Psalm 147:2-3 NKJV</p> <p>Luke 4:16-19 NKJV</p>
<b>Anger</b> /Bitterness/ Malice/ Vengeful/ Insulted/Offended/ Hateful/Hostile  Are you harboring unforgiveness (a grudge)?  Are you harboring resentment for others?  Are you perceiving resentment from others?	<ul style="list-style-type: none"> <li>• <b>Anger causes harm.</b></li> <li>• <b>Anger rests in the bosom of fools.</b></li> <li>• <b>He who is slow to anger is better than the mighty.</b></li> <li>• <b>Be swift to hear, slow to speak, slow to anger.</b></li> <li>• <b>You shall not take vengeance, nor bear any grudge; love thy neighbor as yourself.</b></li> <li>• <b>Vengeance belongs to God.</b></li> </ul> <p>Psalm 37:7-8 NKJV</p> <p>Ecclesiastes 7:9 NKJV</p> <p>Proverbs 16:32 NKJV</p> <p>James 1:19 NKJV</p> <p>Leviticus 19:18 NKJV</p> <p>Deuteronomy 32:35</p>
Anxiety/Worry	<ul style="list-style-type: none"> <li>• <b>Remember, you cannot be a worrier <u>and</u> a warrior.</b></li> <li>• <b>Keep your mind on God and you will have peace.</b></li> </ul> <p>Isaiah 26:3 NKJV</p>

<b>Emotion</b>	<b>Concepts and Scriptures</b>
Ashamed/Disgraced/ Embarrassed/Foolish/ Humiliated/Self- consciousness	<ul style="list-style-type: none"> <li>• <b>No need to feel ashamed. God knows the upright.</b></li> </ul> <p>Psalm 37:18-19 NKJV</p>
Attacked/Battered/ Belittled/Betrayed/ Cheated/ Criticized/ Deceived/Degraded/ Demeaned/Demoralized/ Disappointed/Discouraged /Hurt/Put-down/Ridiculed/ Tormented/Violated/ Victimized	<ul style="list-style-type: none"> <li>• <b>Strengthen/encourage yourself in the Lord.</b></li> <li>• <b>Hope in God.</b></li> </ul> <p>1 Samuel 30:6 NKJV</p> <p>Psalm 42:11 NKJV</p> <p>Psalm 43:5 NKJV</p>
Blame/Condemnation/ Guilt/Regret	<ul style="list-style-type: none"> <li>• <b>There is no condemnation to those who are in Christ Jesus.</b></li> </ul> <p>Romans 8:1 NKJV</p>
Boxed in/Chained/ Claustrophobic/ Controlled/Dominated/ Manipulated/Suffocated/ Powerless	<ul style="list-style-type: none"> <li>• <b>You shall know the truth, and the truth shall make you free."</b></li> </ul> <p>John 8:31-32 NKJV</p>
Confused	<ul style="list-style-type: none"> <li>• <b>Christ is not confused.</b></li> <li>• <b>Believers have the mind of Christ.</b></li> </ul> <p>1 Corinthians 2:16 NKJV</p>
Covetousness/Envy/ Jealousy	<ul style="list-style-type: none"> <li>• <b>Let your conduct be without covetousness</b></li> <li>• <b>Keep your heart on God's word and not on covetousness.</b></li> <li>• <b>Envy is rottenness to the bones.</b></li> </ul> <p>Hebrews 13:5 NKJV</p> <p>Psalm 119:35-37 NKJV</p> <p>Proverbs 14:30 NKJV</p>
Depressed	<ul style="list-style-type: none"> <li>• <b>Cast all your care on God, for He cares for you.</b></li> </ul> <p>1 Peter 5:6-8 NKJV</p>

<b>Emotion</b>	<b>Concepts and Scriptures</b>
Worthless/Thrown away/ Useless/Neglected/Not cared for/Not nurtured/ Not comforted	<ul style="list-style-type: none"> <li>• <b>God paid a price for you because He sees in you what others do not see. God sees just how precious you are.</b></li> </ul> <p>1 Corinthians 6:20 NKJV</p>
Fearful/Terrified/Timid/ Doubtful/Pessimistic/ Cynical	<ul style="list-style-type: none"> <li>• <b>God has not given us a spirit of fear, but of power and of love and of a sound mind.</b></li> </ul> <p>2 Timothy 1:7 NKJV</p>
Helpless/Hopeless/ Lost/ Wallowing in self-pity/ Inadequate/Incompetent/ Ignorant/Stupid/a Failure/ Misunderstood/ Overwhelmed/Pressured/ Smothered/Panic	<ul style="list-style-type: none"> <li>• <b>If someone makes you feel badly about yourself, whose report will you believe?</b></li> </ul> <p><b>God's report says:</b></p> <ul style="list-style-type: none"> <li>• You are fearfully and wonderfully made.</li> <li>• You are God's handiwork.</li> <li>• You are the righteousness of God in Christ.</li> <li>• You are the apple of God's eye.</li> <li>• You are the head and not the tail.</li> <li>• You are above and not beneath.</li> <li>• You are blessed coming and going.</li> <li>• You are part of a royal priesthood, a peculiar people, a holy nation.</li> </ul>
Insecure/Vulnerable	<ul style="list-style-type: none"> <li>• <b>God is your strength in the time of trouble.</b></li> <li>• <b>God will deliver you.</b></li> <li>• <b>God will protect you.</b></li> <li>• <b>God is your refuge, your fortress.</b></li> <li>• <b>Make God your dwelling place.</b></li> </ul> <p>Psalm 37:39-40 NKJV</p> <p>Psalm 91 NKJV</p>

**Galatians 5:22-26 NKJV**

**22 But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, 23 gentleness, self-control.** Against such there is no law. 24 And those who are Christ's have crucified the flesh with its passions and desires. 25 If we live in the Spirit, let us also walk in the Spirit. 26 **Let us not become conceited, provoking one another, envying one another.**

**John 16:33 NKJV**

**33 These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world."**

**You need to handle your emotions.**

**Do not let your emotions handle you.**

**If you wallow in negative emotions, you become the devil's accomplice when he sets out to steal your joy.**

**Wallowing in negative emotions is like refusing to leave the bondage of Egypt. Jesus died and rose from the dead to set you free.**

**Matthew 11:29-30 NKJV**

29 Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 **For My yoke is easy and My burden is light."**

**Drop the weight of negative emotions.**

**Thank you, Jesus for your light burden. Amen.**