

JOYCE MEYER

A 90 Day Devotional

**MANAGING
YOUR**
Emotions



Daily Wisdom for Remaining
Stable in an *Unstable World*

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Stable in an *Unstable World*

A 90 Day Devotional

JOYCE MEYER



New York • Nashville

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CONTENTS

<i>Introduction</i>	ix
1. It's Your Choice	2
2. Decide to Enjoy Your Day	4
3. You Are Loved and Accepted	6
4. How to Talk about How You Feel	8
5. Choose Faith	10
6. You Have Authority over Your Emotions	12
7. A Key to Emotional Health	14
8. Fight in God's Strength	16
9. The Truth Will Set You Free	18
10. You Don't Have to Feel Overwhelmed	20
11. A Peaceful Home Base	22
12. God Restores the Soul	24
13. Take Care of Yourself	26
14. Everything You Need	28
15. Tell Your Emotions to Be Patient	30
16. Control What's under Your Control	32
17. Don't Let Fear Push You Around	34
18. Blessings Instead of Judgment	36
19. How to Love Your Life	38
20. Meditating Helps Manage Emotions	40
21. Don't Let Your Emotions Lead You Astray	42

22. It's Okay to Be Angry—Just Don't Sin	44
23. Feel Good about Yourself	46
24. Nobody's Perfect	48
25. Trusting God When Emotions Are Intense	50
26. Get Excited about God	52
27. Shake It Off	54
28. God's Timing Is Perfect	56
29. God Directs Our Steps	58
30. Give Yourself Good Fuel	60
31. No Fear in Love	62
32. Ask God about Your Feelings	64
33. Emotions under Pressure	66
34. Guilt-Free	68
35. Be Confident in Christ	70
36. Walk in God's Favor	72
37. Feel the Freedom	74
38. Don't Let Reasoning Steal Your Peace	76
39. How to Deal with a Downcast Soul	78
40. Believe That Something Good Is Waiting for You	80
41. Obeying When We Don't Feel Like It	82
42. You Can Be Free from Shame	84
43. You Are Complete in Christ	86
44. Finding Freedom from Emotional Pain	88
45. The Lord Is with You	90
46. Find Rest in God's Presence	92

47. Dealing with Disappointment	94
48. The Best Way to Feel about Yourself	96
49. Follow God's Lead	98
50. Be Happy with What You Have	100
51. Keep Your Love Warm	102
52. Get Out of the Pit	104
53. Jesus Understands How You Feel	106
54. Be Slow to Anger	108
55. One Day at a Time	110
56. Want to Feel Fulfilled?	112
57. Staying Happy in Relationships	114
58. Speak Well of Others	116
59. Remember God's Faithfulness	118
60. Make Up Your Mind in Advance	120
61. Don't Let Other People's Opinions Affect Your Emotions	122
62. Help Is Here	124
63. God Heals in Every Way	126
64. The Cure for Insecurity	128
65. God Is with You	130
66. Let Emotions Subside before You Decide	132
67. Let Yourself Cry	134
68. Know When to Keep Things to Yourself	136
69. A Peaceful Mind Leads to Peaceful Emotions	138
70. Do You Feel Condemned or Convicted?	140

71. Take a Lesson from the Farmers	142
72. Highs and Lows	144
73. How Do You Want to Live?	146
74. Practice Patience	148
75. How to Avoid Frustration	150
76. A New Way of Living	152
77. Keep Your Hopes Up	154
78. Making Wise Choices	156
79. Fear Has No Power over You	158
80. Roots and Fruits	160
81. No Shame	162
82. Hold Your Head Up	164
83. Pitiful or Powerful?	166
84. Tell God How You Feel	168
85. No Competition	170
86. Hopeful Expectation	172
87. How Do You Feel about Yourself?	174
88. Use Your Mouth to Boost Your Mood	176
89. It's Always Time to Praise God	178
90. Rejoice in the Lord!	180

INTRODUCTION

If someone were to ask me to share the most important lessons I have learned as a Christian, I would certainly include the way God has taught me that I do not have to let my feelings and emotions control my behavior. I have learned that I can have emotions without letting them have me; in other words, I can live beyond my feelings. Of course, I have also learned many other valuable lessons in my walk with God, but learning to deal with emotions in healthy, godly ways is one that has truly changed me and enabled me to consistently enjoy my life each day and stay stable in an unstable world. I pray that as you spend the next ninety days in this book, thinking and praying about how you deal with your emotions, you will also find yourself enjoying your life in new and wonderful ways as you experience a greater level of emotional stability.

When you wake up each morning, do you wait to see how you feel before you decide what you will

Introduction

do? If so, you won't end up doing much of what you should do. Do you wait to see what you think, and then decide how to spend your day? Or do you use your free will to decide to do what you know you should do? Do you think of something sad that happened the night before and allow your sad feelings to set the tone of the day? Do you allow worry or anxiety to cause you to dread going to work? Do you immediately remember the stress of something that happened earlier in the week? Do you think of a certain person and feel anger, jealousy, or resentment? Perhaps you do at times, but you don't have to let these emotions set the tone for your day. You can change how you feel by changing what you think.

Emotions are part of being human. People express their emotions differently, but we all have them. However, we don't have to let our feelings lead us into unhealthy and unwise decisions. We can choose how to deal with them. Feelings are fickle, and they cannot be trusted. You and I can feel one way when we go to bed and wake up feeling an entirely different way. For example, this morning I went to my gym to exercise

Introduction

and decided I would take a walk when I came back, but after working out, I felt like sitting in a chair for a while.

God's Word encourages us to make good choices in Deuteronomy 30:19: "This day I call the heavens and the earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live." God gives us two choices: life or death, blessing or curse. He even tells us which one to choose. He says to "choose life," meaning to make decisions that lead to a life filled with His blessings.

We make a life-changing choice to be blessed when we decide to receive Jesus as Savior and Lord. Because God gives us free will (the ability to do what we want to do), we have opportunities to choose to be blessed each day as we make decisions consistent with His Word. On some days, our emotions help us make godly decisions. But on other days they betray us and try to prevent us from making good decisions.

Each day you live can be a good one. This, of course, doesn't mean you will not face situations that

Introduction

affect your emotions. You may find yourself in a circumstance that makes you extremely happy and fills your heart with joy. Or something may happen to anger you, frighten you, or sadden you. You have no control over many things you deal with each day, but you do get to determine how you respond to them. You can't choose what happens to you, but you have complete control over how you decide to deal with it. You do not have to feel like doing the right thing in order to choose to do it. You can live beyond your emotions.

I pray this devotional will encourage and empower you to enjoy every day of your life as you choose to manage your emotions regarding people and situations instead of letting your emotions manage you.

DAY 1

It's Your Choice

This day I call the heavens and the earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live.

Deuteronomy 30:19

As you begin this ninety-day journey of learning to manage your emotions more effectively so you can be stable in an unstable world, it's important to realize that no one is born knowing how to manage their emotions, but we can learn to do it. Making healthy, godly decisions when we feel like doing something else is vital to enjoying a victorious life. For years, I simply did what I felt like doing, and it got me into a lot of trouble. But God has taught me how to follow His Word instead of following my emotions. I don't always succeed, but I have learned a lot about this and will continue learning all of my life.

People respond to emotions in various ways.

Managing Your Emotions

Some ignore, deny, or suppress their feelings. Others respond physically—by overeating, drinking, exercising excessively, or substance abuse (whether that’s sugar, caffeine, prescription medications, or mood-altering drugs). Still others withdraw when emotions are intense, while others run to their friends or to social media to process how they feel. And there are some who go on cleaning sprees, and others take shopping trips. The list goes on. Perhaps you’ve experienced one or more of these unhealthy responses. If so, today is the day you can begin to handle your emotions in positive ways instead of negative ones.

In today’s scripture, God tells His people to “choose life.” This means to make decisions that lead to peace, joy, and stability. We learn how to make these decisions as we study His Word, and we find peace, joy, and stability as we obey it.

Prayer: *Thank You, God, for Your Word and for the ways it teaches me to choose life. Help me to obey it in every area of my life for as long as I live.*

DAY 2

Decide to Enjoy Your Day

*This is the day the Lord has made;
we will rejoice and be glad in it.*

Psalm 118:24 NKJV

As I mentioned in the introduction, learning to manage my emotions has been one of the most important lessons I have learned in my journey with God, because it has allowed me to consistently enjoy my life. When we wait to see how we feel before we know if we can enjoy each day, we give emotions control over our lives. But thankfully, we can make decisions that are not based on feelings. If we are willing to make good choices regardless of how we feel, God will be faithful to help us do so.

Living the good life that God offers us requires us to be obedient to His way of being and doing. He gives us the strength to follow His teachings, but we

Managing Your Emotions

must choose to do it. God won't choose for us. He helps us, but we must participate by choosing to obey His Word instead of simply doing whatever we feel like doing. We can't consistently enjoy life until we are willing to do this. For example, I may feel like avoiding someone because they have hurt my feelings or treated me unfairly, but I can choose to pray for them and treat them as Jesus would while I wait for Him to do something in that situation. If I act according to my feelings, I will forfeit peace and joy. But if I choose to do what God has instructed me to do in His Word, I will have His reward and blessing in my life.

Prayer: *Help me, God, to make good choices regarding my emotions and not to allow them to control my life. I want to obey Your Word and experience Your blessings in my life.*

ABOUT THE AUTHOR

Joyce Meyer is one of the world's leading practical Bible teachers and a *New York Times*–bestselling author. Joyce's books have helped millions of people find hope and restoration through Jesus Christ. Joyce's program, *Enjoying Everyday Life*, is broadcast on television, radio, and online to millions worldwide in over one hundred languages.

Through Joyce Meyer Ministries, Joyce teaches internationally on a number of topics with a particular focus on how the Word of God applies to our everyday lives. Her candid communication style allows her to share openly and practically about her experiences so others can apply what she has learned to their lives.

Joyce has authored more than 140 books, which have been translated into more than 160 languages, and over 39 million of her books have been distributed worldwide. Bestsellers include *Power Thoughts*; *The Confident Woman*; *Look Great, Feel Great*; *Starting Your Day Right*; *Ending Your Day Right*; *Approval*

Addiction; How to Hear from God; Beauty for Ashes; and Battlefield of the Mind.

Joyce's passion to help people who are hurting is foundational to the vision of Hand of Hope, the missions arm of Joyce Meyer Ministries. Each year Hand of Hope provides millions of meals for the hungry and malnourished, installs freshwater wells in poor and remote areas, provides critical relief after natural disasters, and offers free medical and dental care to thousands through their hospitals and clinics worldwide. Through Project GRL, women and children are rescued from human trafficking and provided safe places to receive an education, nutritious meals, and the love of God.