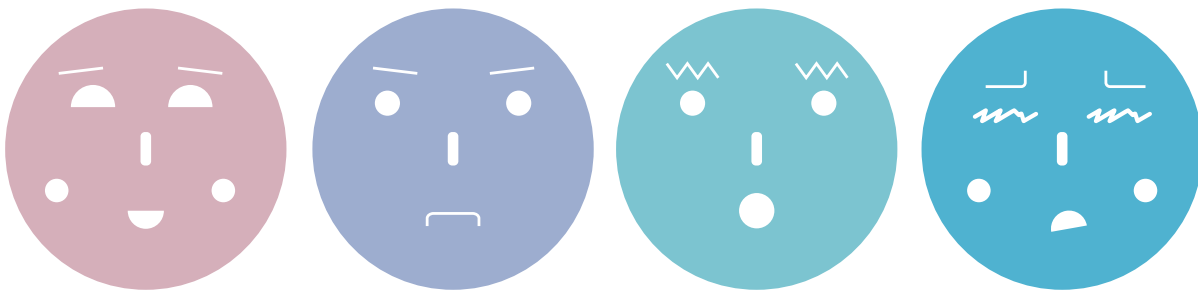




emotions



QUARTER 1 2022

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LESSON ONE

ENVY

- What is envy?
- Who does envy hurt?
- How can we overcome envy?



Read:

James 3:16 NKJV

Galatians 6:4 KJV

Mark 12:30-31 KJV

1 Corinthians 13:4

Proverbs 14:30

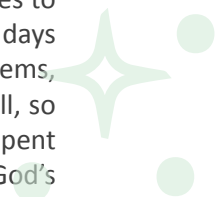
Envy is the emotion when you want something someone else has.

It develops when we compare ourselves to others and begin to find ourselves inferior to someone else. If we're being honest, I think we could all raise our hands to say we've been there and experienced that. I've caught myself saying..."If I could sing like Abigail Haworth, then I would definitely sing in front of people" or "If I had her beautiful hair, I could wear mine down all the time" or "If I could speak like so and so, then I wouldn't be embarrassed to get up and speak in front of everyone." Envy comes in all forms. When we see that someone has something we would like to have (whether it's material possessions, personality traits, talents, or ministries) then a natural human reaction is to envy them.

James 3:16 says For where envy and self-seeking exist, confusion and every evil thing are there.

That's pretty scary to think of it like that. When I envy someone, I'm opening my heart to every evil thing. Envy divides people. It can destroy relationships, sow discord, and create a spirit of bitterness and evil. It can cause people to act and speak in destructive ways. Truth is, envy hurts the envious more than anyone else. Once we come to that realization, we understand that when we have these feelings, we're essentially just hurting and bringing down ourselves.

So how can we overcome envy? First, we have to recognize it's even there. Stop comparing your life with others around you. There will always appear to be people who have it better than you. But you've got to remember that we always compare the worst of what we know about ourselves to the best assumptions we make about others. Just because people are not posting their worst days and flaws on social media, doesn't mean they don't have them. Everybody experiences problems, trials, and weaknesses—just like you and me. This is what makes us human. Nobody has it all, so stop comparing. Every minute you spend wishing you had someone else's life is a minute spent wasting yours. Instead, be grateful for what you do have. Don't take your blessings and what God's given you for granted. Galatians 6:4 says to let each one examine their own work. Then you can take pride in yourself and not compare yourself with someone else. When you start focusing on the good and thanking God for what you have, you gain a new perspective and attitude on just how blessed you really are. The last time I checked, God doesn't make mistakes. He knew exactly



what He was doing when He made you, so just remember that.

In Mark 12:30-31, the bible instructs us on the two greatest commandments. The first is to love the Lord our God with all our heart, soul, mind, and strength. The second is to love our neighbor as ourselves. Corinthians tells us that love is patient. Love is kind. Love does not ENVY. In order to truly love our neighbors, we should not envy them. In fact, we should be happy and rejoice with them in their successes and stop viewing life as a competition.

Proverbs 14:30 says a heart at peace gives life to the body, but envy rots the bones.

When we shift our focus on the goodness and faithfulness of what God has done in our lives, we begin to have a heart of gratitude. It will become easier to rejoice and uplift those around us. Then we will begin to find purpose and happiness and be what God called US to be, not someone else.



Discussion questions:

- How are you going to work on eliminating envy from your thoughts?
- What things in your life are you most thankful for?
- Can you stop and pray continual blessings on those around you that you have been envious of?



about the writer: Elissa Sizemore

Elissa Sizemore and her husband of 16 years have three wild and handsome boys. Together, they pastor Cornerstone, a thriving church, in Ocala, FL. She has the heart of a servant and enjoys watching people grow in Christ.

LESSON TWO

ANGER

- What does it mean to be angry?
- Can you tell us of a time when you became really angry? What caused you to become so angry?
- What were the results of your actions



Read:

Proverbs 14:29
James 1:19-20
Proverbs 15:1
Ephesians 4:26-27
1 Peter 3:9
Ephesians 4:31
Ecclesiastes 7:9

“Are you serious!?” This was the last thing I remember saying while waiting on my husband to get in the car so we could leave for church one Sunday morning.

We were already behind schedule and I just couldn’t afford to be late. I was the worship leader! At this moment I could feel my blood boiling and the anger within me rising. I mean what was taking him so long? Was he purposely trying to make me late? Did we both not wake up at the same time that morning? As these thoughts flooded my mind, I decided to press down on the car horn. As I pressed down on the horn my husband popped his head out the door and said “I can’t find the keys?” I lost it! We were now 15 minutes behind schedule.

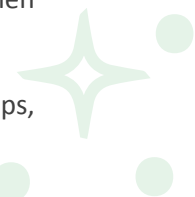
As I got out of the car, I asked him to retrace his steps. As we searched, he remembered that I drove the car the night before and asked where I placed the keys. I exclaimed the key drawer and as he opened it we both saw nothing there. He then suggested I check my purse. Before checking, I sighed and said “they’re not in my purse!” To prove my point I checked my purse with an eye roll. Ladies, the keys were in my purse. Talk about an epic fail! I was the reason we were running late. I failed to put the keys where they belonged and caused my own frustration throughout the process.

Oftentimes the storms we are presently in are the ones we have created ourselves. I allowed my anger to get the better of me in that situation and assumed my husband was out to get me when in all actuality he was for me, not against me.

Anger can creep in unknowingly and cause us to act out of character. It can destroy relationships, ruin a moment, or cause us to miss out on so much.

Proverbs 14:29 says “The one who is slow to anger has great understanding, but the one who has a quick temper exalts folly.”

Let’s dissect the last part of the above scripture. It says “...the one who has a quick temper exalts folly.” What exactly is folly? According to dictionary.com folly means foolishness. So the last part of Proverbs 14: 29 is stating that someone who gets upset quickly holds foolishness in a high place.



I don't know about you but when it's broken down like that, anger isn't something I'd want to be associated with.

So how do we overcome the spirit of anger when we feel it rising in our hearts? One way we can do this is by seeking wise counsel.

The bible says in Ephesians 4:26 "Be angry and sin not. Do not let the sun go down on your anger".

This scripture lets us know that we can be angry without falling into sin. Speaking with someone (pastor, youth leader, mentor) that can help quench the flame of frustration can essentially defuse the situation moving forward.

Oftentimes it's in these moments that we can pinpoint exactly where things may have veered off course. You see, anger isn't always a result of someone else's actions. In fact, anger can be a result of our own. How you may ask? Well, consider the moments when you wake up late for school, forget something important at home, or even trip walking down the sidewalk.

Ecclesiastes 7:9 says "Do not let yourself be quickly provoked, for anger resides in the lap of fools".

It's here in the scripture that Jesus encourages us to practice self-control. In moments of rage, it can be so easy to give in to our anger but remember it's when we choose to do the opposite of what our flesh desires that we truly win. When we choose to turn the other cheek or walk away we please our Father in heaven and resemble the personality of Christ.

Although anger may cause bouts of despair or fling us into a fit of rage, God has given us this emotion to overcome and conquer. In doing so we learn to cultivate our character and channel that same energy into the ministries we have been called to. Don't allow anger to get the best of you, instead take charge and use that anger to storm the gates of hell in prayer for lost souls around the world!

Discussion questions:



- What is one thing you learned from today's devotion?
- How do you plan to apply this lesson to your daily lives?
- What coping mechanisms can you come up with that will help you control the spirit of anger when it arises?



about the writer: Samone Dooley

Samone Dooley is married to Jeremy Dooley, our FL Hyphen Director. She is a soon to be mother to a precious little boy in June and youth leader alongside her husband at their local church plant. She enjoys uninterrupted family time, traveling, and creating memories with friends.

LESSON THREE

SELF-CONSCIOUS

- What does being self-conscious mean to you?
- Do you think it is bad or good to be self-conscious?



Have you ever walked into a room and immediately began second-guessing your outfit choice or the words you spoke? You are not alone, my sister!

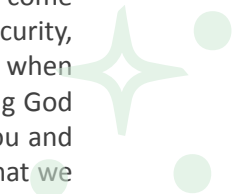
Being self-conscious is a trait that can be seen as negative; however, God has given us tools in which to use our self-consciousness for His glory!

A self-conscious person is very aware of one's appearance or actions and how others perceive them. Being self-conscious does not mean you are sinning. For example, the bible tells us to examine ourselves (2 Corinthians 13:5) and we are told to deny ourselves (Mark 8:34). We are told to keep watch over ourselves (1 Timothy 4:16), to preach to ourselves (Psalm 42:5), and to put on a new self (Ephesians 4:24). We are created to be self-conscious of ourselves. Why? To be a witness to those around us. As young women of God, we need to understand that how we portray ourselves will be one of our best tools in bringing others to Him. If we are a rude person or dress in an offensive manner, we will not be effective in the kingdom of God. We need to know what is good, what is bad, and what is required.

We must be careful to not conclude that self-consciousness means insecurity. When you are insecure about something, you have become too self-conscious about that one imperfection that you lose sight of the bigger picture. That is how insecurity leads to doubt and self-dislike. Let's look at one of the most self-conscious characters in the bible, my guy, Mo! We find out in Moses' story that he had a stutter when he talked (Exodus 4:10-12). It made him self-conscious about confronting Pharaoh. He was so insecure in himself that he pleaded with the Lord to choose someone else, someone that was "perfect" and had all their stuff together. Moses' main fear was what others would think of him in the role of a leader.

Moses was so aware of his stutter that he forgot about all his other great qualities. When he became focused on what he perceived to be his negative characteristic, he could not comprehend that the Lord Himself sought out Moses to fulfill the purpose. How many times has God come down to earth to specifically talk to an individual? His over self-consciousness led to insecurity, and insecurity is not what God wants for His children. What a testimony we find in Moses when we see that God extended grace and mercy to him. Moses was still able to fulfill the calling God had placed on him and led the people of Israel to the promised land. There is hope for you and I when in those times of insecurity, we will find that God has already equipped us with what we need. We need to be more self-conscious of the fact that we are children of God first before any other defining characteristic.

How do we excel in our self-consciousness? You are more than what you see in the mirror. You are more than just a good personality. You are fearfully and wonderfully made (Psalm 138:14). Your human traits do not define your heart and should not define your life. When you understand that God Almighty created every part of you how He intended, you will find peace in your appearance.



We must refuse to compare our lives to others. This will create an illusion of perfection that no human being can achieve. If you compare yourself to others, you will overanalyze your qualities and determine you are inadequate for serving. Moses compared his life to others he had known and found that the difference between them was his stutter and he lost focus on how he could be a leader.

“For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.” – Ephesians 2:10

So let us be self-conscious together in knowing that we serve a wonderful Creator!



Discussion questions:

- Did your opinion change on what it means in being self-conscious?
- What are ways that you will positively be more self-conscious?
- What are ways you can help others in their self-consciousness?



about the writer: Alisha De La Garza

Alisha De La Garza loves her Giant Schnauzer, Annabelle, and her rescue cat, Cat (yes, that is his name). She also enjoys extending her creativity in music, graphics, and event planning. Alisha and her husband, Petru De La Garza, serve as Student Ministries pastors at Life Covenant Sanctuary in Bradenton, FL.

LESSON FOUR

POWER OVER FEAR

- Can you think of a time when something scared you?
- Was there something someone did that helped you get over that fear?



We have all experienced fear in our life. There may be some large fears we are very aware of, and there might be small fears we don't realize we have.

When my children were little and had a bad dream, they knew they could find comfort and safety when they would call my name.

Sometimes I would come to their room, or they'd make a cot by my bed. There was just something comforting about mommy and daddy being "near" that calmed and quieted their fears.

We read in Philippians 4:6-7(NIV), 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

This passage of scripture is so effective, and I encourage you to memorize it. There are four powerful words we find leading up to it when studying verse 5, "The Lord is near." Because the Lord is near, we don't have to be anxious, have fear, or worry.

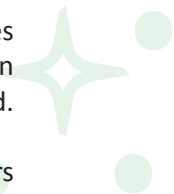
His presence in verse 5 and His peace in verse 7 will protect and guard our hearts and minds and chase away the anxious thoughts of fear.

Paul continues in verse 8, "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."

In other words, another way for us to exercise power over fear is to focus on what is true, right, and worthy of praise. But in our humanity, this can be hard at times.

The next time you find yourself being overcome with fear, worry, or doubt, try these three things:

1. Reading God's Word- To overcome fear, we must read the Word of God daily. Find verses that deal with overcoming fear, write them on sticky notes, and put them in your car or on your bathroom mirror. The most powerful tool you have in overcoming fear is His Word.
2. Praying- Through daily prayer time and talking with the Lord, telling Him about your fears and troubles. Ask Him to help you not live in fear and pray for His protection and assurance.



3. Declaring Victory- We must verbalize and claim the truths that have been read and prayed every day. When we speak victory, claim it by faith, fear is defeated. Faith and fear have the same relationship as light and darkness. Fear is the absence of faith! If you start speaking the Word every day in your house, on your job, in your car, or over your family, you will see fear take flight.

I believe that the more we fill our minds with God's Word, spend time with Him in prayer and declare victory, the more crowded our fears become, and we will have the power over fear.

Discussion questions:



- Think of fear or worry you are facing right now. How can you specifically use the three steps from the devotion?
- Do you know someone who battles fear? What can you do with what we covered today that could help them?
- What tangible step or action can you take this week to remind yourself to lean on God when you're afraid?



about the writer: Aimee Myers

Aimee Myers has served at Eastwind Pentecostal Church alongside her husband, David, as senior pastors for 19 years. She loves being a mom to Gregory, Luke, and Sophia and finds great joy in teaching bible studies.