

DAY 1 – *Emotions Under Order*

SCRIPTURE TO READ:

Romans 12:12

(Optional Additional Reading: Psalm 42:5; Jeremiah 17:9–10)

THINK IT THROUGH:

Emotions are powerful—God designed them that way. They help us connect, care, and act. But they were never meant to lead. Emotions make excellent followers but terrible leaders. Paul shows us what happens when emotions come under God's order: hope directs joy, faith steadies patience, and prayer keeps everything aligned with truth. That's what emotional health looks like—your feelings follow your faith, not the other way around.

PUT IT INTO PRACTICE:

Take a few minutes this morning to name three emotions you've felt most often this week. Then, next to each one, write how it can follow faith today. Example: Anxiety → trust in God's sovereignty. Anger → prayer before reaction. Sadness → gratitude for His nearness.

PRAYER FOR TODAY:

"Lord, thank You for giving me emotions, but help me keep them under Your leadership. Teach me to rejoice in hope, to be patient in pressure, and to bring every emotion to You in prayer." Amen.

GO FURTHER

At the end of your day, look back and ask: Who led more today—my feelings or my faith?



East Auburn Baptist Church

