



BRIDGES

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God's Umpire for Your Emotions

What do you do when you are having a really bad day? Like when unexpected challenges crop up (what's that charge on my credit card?), or when you have a negative interaction with a person (he did not need to be so rude), or when life anxiety or disappointment bubbles to the surface (that visit to the doctor told me nothing), or when you make a mistake that cannot be easily forgotten. What do you do when you are feeling discouraged, fatigued, irritable, or like a failure? You know, what do you do when you are having a bad day?

Do you take your bad day out on other people? Are you quick to lose your temper? Or do you allow your emotions to cause you to go and hide, hoping the "bad day" will pass? Rather than allowing your emotions to get the best of you, why not stop right now and make a decision to **let the Word of God rule in your heart today** (and always)?



When I say "rule" you, I'm talking about God's supernatural peace dominating and governing every emotion and situation that confronts you. If you don't make this decision and follow through with it, worry, fear, insecurity, doubt, and a whole host of other emotions will assuredly try to take control. And there is no worse roller-coaster ride than when you are being knocked all over the place by emotions that are out of control!

Instead, let the peace of God rule in your heart, as Paul wrote in Colossians 3:15. He said, **"And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful."** I would like you to notice the word "RULE" in this verse. It is from the Greek word **brabeuō** (βραβεύω), which in ancient times was used to describe the umpire or referee who moderated and judged the athletic competitions that were so popular in the ancient world. Paul uses this word "brabeuō" to tell us that the peace of God can work like an umpire or referee in our hearts, minds, and emotions.

When detrimental emotions attempt to exert control over us or try to throw us into an emotional frenzy, we can stop it from happening by making the choice to let God's peace

rise up from deep inside us like an umpire or referee to moderate our emotions. As we do, we will be kept under the control of that divine peace as it rules in our hearts. When this divine umpire called "peace" steps into the game, it (God's peace) suddenly begins to call the shots and make all the decisions instead of those emotions like anxiety, worry, anger, or depression.

Colossians 3:15 could be translated:
•"Let the peace of God call the shots in your life...."
•"Let the peace of God be the umpire in your life and actions...."
•"Let the peace of God act as referee in your emotions and your decisions...."

Even though it's true that everyone has hard days and difficult weeks, you don't have to surrender to those emotions that try to steal your joy, disturb your relationships, and rob you of your contentment in Christ. When you feel overwhelmed by problems or emotions that are hitting you from every direction, just stop a moment and deliberately set your heart and mind on Jesus

and the Word of God. As you do this, the wonderful, conquering, dominating, supernatural peace of God will rise up from your spirit and take control!

If you are struggling today and need God's peace to rule in your life, I encourage you to pray this prayer or a prayer like it to invite God's peace to rule.

Lord, I don't want to let my emotions get the best of me today, so I ask that Your peace would rise up like a mighty umpire and referee in my heart, mind, and emotions. Help me recognize those moments when unhelpful emotions try to sneak up on me. I ask You to teach me how to put those emotions aside and release Your peace that is resident in my heart — the peace that is always ready at every moment to moderate every thought and emotion that tries to pass into my Life! I pray this in Jesus' name! Amen!

Grace and Peace,
Pastor Trent Eastman