

Who is in  
control  
of you?



**SADNESS**



INSIDE  
OUT

**JOY**



INSIDE  
OUT

**FEAR**



INSIDE  
OUT

**DISGUST**




INSIDE  
OUT

**ANGER**



INSIDE  
OUT


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▶ Luke 6: 43 “No good tree bears bad fruit, nor does a bad tree bear good fruit. 44 Each tree is recognized by its own fruit. People do not pick figs from thornbushes, or grapes from briars.

▶ 43 因為，沒有好樹結壞果子，也沒有壞樹結好果子。

▶ 44 凡樹木看果子，就可以認出他來。人不是從荊棘上摘無花果，也不是從蒺藜裡摘葡萄。



▶<sup>45</sup> A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of.


▶<sup>45</sup> 善人從他心裡所存的善就發出善來；惡人從他心裡所存的惡就發出惡來；因為心裡所充滿的，口裡就說出來。

Mark 11 :22-24

<sup>2</sup>“Have faith in God,” Jesus answered. <sup>23</sup>“Truly I tell you, if anyone says to this mountain, ‘Go, throw yourself into the sea,’ and does not doubt in their heart but believes that what they say will happen, it will be done for them.

<sup>22</sup>耶穌回答說：你們當信服神。

<sup>23</sup>我實在告訴你們，無論何人對這座山說：你挪開此地，投在海裡！他若心裡不疑惑，只信他所說的必成，就必給他成了。



▶ 24 Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. 25 And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins.”

▶ 24 所以我告訴你們，凡你們禱告祈求的，無論是甚麼，只要信是得著的，就必得著。

▶ 25 你們站著禱告的時候，若想起有人得罪你們，就當饒恕他，好叫你們在天上的父也饒恕你們的過犯

Are your thoughts and emotions AND what comes out of your mouth lining up with the word of God?


Speak to the mountain, Do not doubt, Believe

Declare Gods word

Be obedient


Release faith



- 
- ▶ Are your emotions submitted to God?
  - ▶ Deuteronomy 28:47-48
  - ▶ Because you did not serve the Lord your God joyfully and gladly...
  
  - ▶ John 16:33 <sup>33</sup> “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”



Stop and  
smell the  
roses

- 
- ▶ Our attitude needs to change
  - ▶ We can choose how to respond to everything.
  - ▶ Keep your mind stayed on God
  - ▶ Isaiah 26:3 You will keep in perfect peace those whose minds are steadfast because they trust in you

## ▶ 2 Corinthians 4:17

For our light and momentary troubles  
are achieving for us an eternal glory  
that far outweighs them all

17 我們這至暫至輕的苦楚，要為我們成就極重無比、永遠的榮耀。

