

Here I Am

Emotional Decision Making

Pastor Craig Sweeney | August 3rd, 2025

Thread: Just because an opportunity presents itself, doesn't mean it's yours to take.

Text: I Samuel 24:1-22 NLT

David's men were given an example of what God can do when we give Him room.

David's men were giving him advice through their broken filters.

Many have opinions, not all should be listened to.

David defined what he couldn't do, namely kill Saul.

- The problem for David and for us—the emotion of it all.

Has God given us any CLARITY?

The Don't Do this LIST:

"So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves. The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions... When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, envy, drunkenness, wild parties, and other sins like these. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God."

Galatians 5:16-21 NLT

The Do this LIST:

"But the Holy Spirit produces (Working in you for this result) this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!" **Galatians 5:22-23 NLT**

Why did God give us this list?

"If you are wise and understand God's ways, prove it by living an honorable life, doing good works with the humility that comes from wisdom... But the wisdom from above is first of all pure. It is also peace loving, gentle at all times, and willing to yield to others. It is full of mercy and the fruit of good deeds. It shows no favoritism and is always sincere. And those who are peacemakers will plant seeds of peace and reap a harvest of righteousness." **James 3:13-18 NLT**

10 things that will diffuse your unresolved emotions:

Challenge:

- What needs to be resolved?
- Who are you listening to?
- What are you doing to stay sensitive to the voice of the Holy Spirit?
- What can you do today?

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