

Live Your Life Well, Part 1

by Bishop Keith Butler | Bible Study Notes | Sunday, July 10, 2022

Opening Summary

Living well is living an uncomplicated life. In this lesson Bishop Butler teaches the difference between deadly and life sustaining emotions. Holding on to deadly emotions have been proven to shorten a person's life. On the contrary, with life sustaining emotions you can live a long and healthy life.

- I. There was an article written by an award-winning writer for the New York Times who developed cancer and eventually had an out of body experience. Her spirit left her body and she saw her body lying on the bed. At that time, she had instant knowledge of the past and future and knew why she had died. She died because she had a lifestyle full of stress, worry and the like which produced cancer in her body.
 - A. 2 Cor 12:1-4: Paul describes such an experience of being outside his body.
 - B. I know of an experience in which a young woman had died. The Lord told her father to go to the foot of her bed and call her back. He did that and she returned alive and well. However, she was mad at her father for calling her back, because she didn't want to come back after seeing what heaven was like.
 - C. Kenneth Hagin, Sr. testifies that he had died as a teenager. He said his spirit left his body and he could see his body lying on the bed. He was on his way to hell, as he went down into darkness. He told the Lord, "I've been baptized in water." He learned that water baptism doesn't save you, it is your confession of faith that saves. He later confessed Jesus as Lord, and he was healed.
 - D. There are hundreds of events such as those (2 Cor. 5:6-8).
 - E. God's intention for the believer is to have peace, joy, and the light of heaven.
 - A. Rev. 20:12-15: You need to choose life. Eternal death is horror.
- II. Deadly emotions caused the journalist to contract cancer.
- III. Deadly emotions are rage, anger, jealousy, fear, unforgiveness, strife, crushing debt, a pessimistic view of life, caring too much!!
 - A. Eph. 4:27-32: Don't give place to the devil.
 1. Work to give to others.
 2. Eph. 4:29: *Grace* means *benefit*. Speak things that benefit the hearer.
 3. Eph. 4:32: *Sake* means *position*. God forgives you so you can be in position to do your job.
 4. Your body wasn't designed to hold deadly emotions.
 - B. 1 Pet. 5:6: This is a pride issue.
 1. Don't take yourself so seriously.
 2. 1 Pet. 5:7, 8, 9: Throw away your all your care. God has your back.

3. 1 Pet. 5:8: Think straight, not like a drunk.
 - a. A woman got so drunk that her mouth got her in trouble.
 - b. Those who live their life well cannot be devoured by the devil.
 - c. 1 Pet. 5:9: You must firmly and consistently resist deadly emotions with your trust, confidence and assurance in God. You're not the only one.
 - d. 1 Pet. 5:10: When satan attacks, God waits for you to resist him.
4. Jas. 4:6-8: Submit to God's Word, then resist the devil and he will run from you.
- C. Jas. 3:8-18: The tongue can't be tamed by natural power. Poison kills.
 1. Jas. 3:9-13: Don't have two minds and two mouths: speaking faith in church but doubt outside church.
 2. Jas. 3:14-16: Every evil work includes sickness, disease, pain, divorce, murders, etc.

IV. You want to have life-sustaining emotions.

- A. Jas. 3:17-18: Life sustaining emotions are forgiveness, mercy, a positive view of life, not taking yourself too seriously, rolling your care on God, and laughter.
 1. Pro. 17:22: *Merry means gleeful, glad, joyful, rejoicing.*
 2. Dry bones are not good. My doctor told me I needed 10 belly laughs a day.
 3. When you laugh, you benefit your brain and your body.
- B. 1 Pet. 5:7: A life sustaining emotion is obeying God's plan.
- C. Live an uncomplicated life.
- D. Rom. 13:8: Get rid of debt. It complicates life.
 1. Pro. 22:7: Debt isn't a sin, but because of debt someone else can dictate to you.
 2. I've been debt free for years. I personally became debt free and now the ministry is debt free. Rising interest rates don't concern me.
 3. Deu. 28 describes the blessed one as the one who lends and doesn't borrow.
 4. First commit to being out of debt.
 5. God will show you how to manage once you make the commitment.

V. Many life sustaining emotions come through agape love (1 Cor. 13:4-8).

VI. Life sustenance comes from faith, obedience, trust in God, and following the kingdom way.

VII. Positive confession is life sustaining.

- A. Watching too much of the news can change your confession.
- B. Say what the Bible says about your life.
- C. God has given scripture to help you avoid sickness.
- D. Gen. 8:22: Your words and actions are seeds. As a man sows, so shall he reap.
- E. If you repent, God will heal you and the sickness won't come back.

Closing Summary

You have seen the difference between deadly emotions and life sustaining emotions. Adopt life sustaining emotions so you can live a long and healthy life.