



Runaway Emotions: Why You Feel the Way You Do and What God Wants You to Do About It

Jeff Schreve

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If we pay attention to the alarms in our lives, they could save us.

Worry. Anger. Loneliness. Negative emotions are uncomfortable *by design*. Like any good fire alarm, they alert us to a greater danger. But they won't help us if we try to cover them up, hide them behind excuses, or assume they will always plague us.

The only healthy way to manage negative emotions is to find their source and address the problem that set them off. As pastor Jeff Schreve says, "A specific and compelling message can be found in each of your negative, painful emotions. God Himself is trying to speak to you through those emotions?right now."

So what is God saying? How can we understand our emotions?even change them? Schreve shows how the truth of the Bible can make sense of our confusion. The power of the Holy Spirit can lead us to freedom, and Jesus Christ can give us true peace in the midst of any crisis.

You don't have to let your emotions run away with you, your family, or your future.

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