

June 21, 2026

SUNDAY REFLECTION - Living Above Your Feelings

June Series: Live What Was Built

Week Focus: Living Above Your Feelings

Scripture – Romans 8:5–6 - *"Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace."*

Devotional Reflection

As we conclude this week, take a moment to reflect on what God has been teaching you about emotions, mindset, and spiritual maturity. Throughout the week, you were reminded that feelings are real, but they are not meant to be your leader. God created emotions as indicators, not directors. They can reveal what is happening within us, but they should never replace the truth of God's Word or the guidance of the Holy Spirit. Living above your feelings begins by recognizing that God's truth is more stable than your emotions.

This week challenged us to examine what has been shaping our thoughts. We were encouraged to set our minds on things above, filter our feelings through Scripture, and allow the Holy Spirit to guide our decisions. Many emotional struggles grow stronger when they go unquestioned. Fear, anxiety, discouragement, and frustration often gain influence when we accept them as truth without comparing them to God's promises. Yet as believers, we have the privilege of allowing God's Word to reshape our perspective and strengthen our faith.

You may have noticed areas where your emotions have been trying to take control. Perhaps fear has been influencing your decisions. Maybe disappointment has affected your outlook, or frustration has impacted your relationships. Instead of becoming discouraged by these discoveries, see them as opportunities for growth. Spiritual maturity develops when we learn to recognize emotional impulses and intentionally submit them to God's truth. Every moment of surrender strengthens our ability to walk by the Spirit rather than by our feelings.

This week also reminded us that a Spirit-governed mind produces peace. Peace is not the absence of challenges; it is the presence of confidence in God's faithfulness. When we trust God's promises, listen to His Spirit, and choose wise responses over emotional reactions, we begin experiencing the stability that comes from a life anchored in Him. The Holy Spirit does not remove every difficulty, but He empowers us to navigate those difficulties with faith, wisdom, and peace.

As you prepare for a new week, carry this truth with you: your emotions do not have to determine your direction. God's Word, God's Spirit, and God's truth are stronger foundations than temporary feelings. Continue learning to think, choose, and respond according to His wisdom. The more you allow the Spirit to govern your mind, the more your life will reflect His peace, His stability, and His character.

Focus for Today

I choose to be governed by God's Spirit and truth rather than by temporary emotions.

Weekly Reflection

Take a few moments to prayerfully consider:

- What emotion challenged me most this week?
 - How did God's Word help me see that situation differently?
 - Where did I experience God's peace despite difficult circumstances?
 - What is one area where I need to become more responsive to the Holy Spirit's leading?
 - How can I continue living above my feelings in the week ahead?
-

Prayer

Father, thank You for teaching me this week that my emotions do not have to control my life. Thank You for giving me Your Word as a firm foundation and Your Spirit as a faithful guide. Help me continue growing in wisdom, self-control, and spiritual maturity. Teach me to trust Your truth above my feelings and to choose peace over panic, faith over fear, and obedience over impulse. Let my mind be governed by Your Spirit so that my life reflects Your peace and Your presence. In Jesus' name, Amen.

Reflection Question

If your thoughts, decisions, and responses this week were evaluated, would they show a life governed more by emotions or by the Spirit of God? What is one step you can take this week to grow in Spirit-led living?