**FOR: Lighthouse Network**

**LENGTH: :60**

**Title: Negative Emotions**

**Air Date: June 27, 2014**

**INTRODUCTION:**

**Welcome to Life Change with Christian Psychiatrist Dr. Karl Benzio.**

**BODY:**

**People in emotional pain often ask, “Why did God give us these negative emotions?”** God is an emotional being, and the Bible says we are made in His image. The Bible teaches that God or Jesus felt anger, sadness, jealousy, concern, anxiety, and abandonment. Some believe these emotions are sins, but Jesus never sinned. So why these feelings? Our negative emotions are an incredible warning system God gave to caution us against danger or to alert us that our perspective on something is off. So the next time you feel a negative emotion, thank God your smoke detector is working, then use Godly skills to put out the fire so the alarm will stop.

**CLOSE:**

**If you or a loved one is struggling, go to**[**844lifechange.org**](file:///C%3A%5CUsers%5CKaryn%5CDocuments%5CLN%5CAsk%20Dr%20.Karl%5C844lifechange.com)**or call 844-Life-Change. And remember, Godly decisions determine your life, so choose well!**