

## DAY 1 | WHAT ARE EMOTIONS: GOD'S DESIGN FOR THEM

"I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well." — Psalm 139:14 (KJV)

"And God saw every thing that he had made, and, behold, it was very good." — Genesis 1:31 (KJV)

God did not create you to be ruled by your emotions — He created your emotions to serve you. Every feeling you experience — joy, sadness, awe, love — was fashioned by the hand of the Creator with purpose and intention. When God surveyed all that He had made, including the emotional architecture He wove into our humanity, He declared it very good.

Science is now catching up with what Scripture always knew. Your brain's emotional system — the limbic system, the amygdala, the prefrontal cortex — forms what neuroscientists describe as the brain's rapid appraisal and feedback mechanism. Emotions are the brain's way of signalling what is happening internally, not commands to be blindly obeyed.

Dr. Caroline Leaf teaches that your emotions are signals — not signs that something is wrong with you, but messengers telling you that something in your inner world needs your attention. They are God's built-in alert system, pointing you toward what is dwelling in your heart so you can bring it to Him.

You were fearfully and wonderfully made. Your emotional life is not a design flaw — it is a divine gift. The invitation today is not to silence your emotions but to understand them as God intended: as faithful servants that reveal what lives in the depths of your heart.

### WHAT THE EXPERTS SAY

"These thoughts and feelings are signals or messengers telling you that something is going on in your life that you need to address, not signs that something is wrong with you or that you have failed in some way." — Dr. Caroline Leaf, *Cleaning Up Your Mental Mess*

"Your brain is involved in everything you do. Your brain controls everything you do, feel, and think." — Dr. Daniel Amen, *Change Your Brain, Change Your Life*



**38 DAYS TO DETOX  
NEGATIVE EMOTIONS**

## PRAYER POINTS

1. Father, thank You for the gift of emotions. I declare that my emotional life was designed by You and is very good.
2. Lord, open my understanding to recognise my emotions as Your messengers, not my masters.
3. Holy Spirit, teach me to interpret every feeling through the lens of Your Word and Your wisdom.
4. I renounce every lie that my emotions are out of control or beyond redemption. I am fearfully and wonderfully made, in Jesus Christ's name.

In the mighty name of Jesus Christ. Amen!

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— From the Desk of Chief Seer, Dr. Andre Thomas



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