

Toxic emotions –

A general term for negative emotions such as stress, anger, which have adverse effect on a person's mental and possible also, physical health. The most common being Anger & hatred.

There are certain things that have happened to us in our past or conditioning by our families that make up who we are. Unfortunately, some of these include toxic emotions that lead our actions in our adult life.

Be mindful of what you are feeling. We cannot be spiritual and be led by emotions.

If you believe that you are not managing your emotions, begin to pray and seek God for emotional maturity.

Colossians 3:15 – And let the peace from Christ rule in your hearts!

It tells us to be led by peace in making decisions. Don't let your emotions make your decisions.

Jesus is referred to as “the Rock”

You can depend on Him to be stable and in control. He wants us to be the same way.

Jeremiah 17:8 and Psalm 1:3 both instruct us to be like trees firmly planted.

1 Peter 5:8-9 teaches us to be well-balanced, rooted, established, strong immovable and to withstand the enemy.

Philippians 1:28 tells us – To be constantly fearless when the enemy comes against us.

Psalm 94:13 says God wants to give us power to stay calm in adversity.

All of these scriptures are referring to being stable.

Unfortunately, with these toxic emotions, we also have toxic people in our lives. These are the ones that bring out those toxic emotions. But God wants us to control our emotions and as James 1:20 tells us – For Man's anger does not promote the righteousness of God.

God is the one in control. Release it to Him.

How to win with Toxic People...You don't Play! All we can do is pray...

Thank you so much for your prayers and support & encouragement as we have moved through another ambitious year.

During this season, we have used this as a time of reflection for ourselves and our ministry purpose & it has resulted in many Godly things for us as far as outreach Support & growth. Our new recent video messages (Carmelo Cuascut YouTube videos), that we have been able to share with our "Fellowship Group" as well as beyond the four walls, which is the foundation of this Ministry to share the gospel of Jesus Christ -

"Taking Jesus to the Streets"

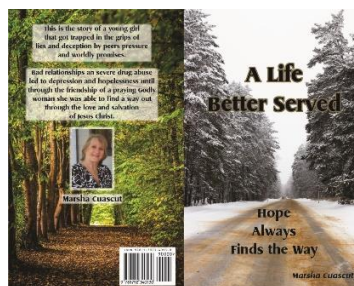
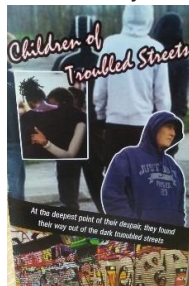
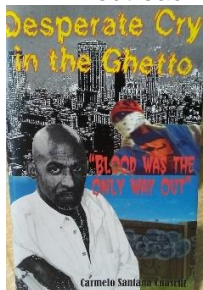
- Marsha's book, "A Life Better Served" has been distributed to several women's shelters & we continue to pray for those most in need of this testimonial message.
- Carmelo's books, "Desperate Cry in the Ghetto" and "Children of Troubled Streets" continue to be distributed to those in need of his testimony.

The ministry will continue with our International monthly support of:

- Pastor Peter & Helen, India, Dawn Ministry
- Compassion Int. Indonesia, Yosean & Awin
- Joyce Meyer, Outreaches

Local Quarterly Support:

- Pastor Hopewell, Lake county feeding Ministry, & support for our own ministry food pantry,
- Street Gideon Ministries, book ministry "Fellowship group" outreaches, as decided by the ministers.



Thank you again for your prayers and support of 'Taking Jesus to the Streets'

We appreciate all you do to help us carry our cross!

We meet every 2 weeks and all are welcome!

Welcome to "Fellowship Group" Street Gideon Ministries, Inc. "Taking Jesus to the Streets"

501c3 non-profit ministry
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We are 100% donation supported ministry. To help support the work of this ministry with your tithes and offerings please visit our website:

<http://stgideonministries.WordPress.com>

or PayPal email: carmelocuascut9@gamil.com

If you would like Carmelo or Marsha to speak at your faith-based event, please email us at

stgideonministries@gmail.com

or write us at the address listed above

"Toxic Emotions" ***Saturday, November 21, 2020***

Teaching by Minister Flora Luna

