



# my best life now

A New Collection  
of Bible Messages  
with Dr. Rich Wilkerson

Dr. Rich Wilkerson | April 23, 2023

## JESUS RULES MY EMOTIONS

### Part 2

**Philippians 4:4-7** – Rejoice in the Lord always. I will say it again: Rejoice! <sup>5</sup> Let your gentleness be evident to all. The Lord is near. <sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

### The First Bible Character is **JOB - HIS CHAIN CAME OUT OF NOWHERE**

**Job 34:5-6** – “Job says, ‘I am innocent, but God denies me justice.  
<sup>6</sup> Although I am right, I am considered a liar; although I am guiltless, his arrow inflicts an incurable wound.’

**Job 40:6-8** – Then the LORD spoke to Job out of the storm:  
<sup>7</sup> “Brace yourself like a man; I will question you, and you shall answer me.  
<sup>8</sup> “Would you discredit my justice? Would you condemn me to justify yourself?”

**Job 42:5-6** – My ears had heard of you but now my eyes have seen you.  
<sup>6</sup> Therefore I despise myself and repent in dust and ashes.

### The Second Bible Character is **NAOMI - HER CHAIN CAME FROM FOLLOWING BAD ADVICE**

**Ruth 1:19-21** – So the two women went on until they came to Bethlehem. When they arrived in Bethlehem, the whole town was stirred because of them, and the women exclaimed, “Can this be Naomi?”  
<sup>20</sup> “Don’t call me Naomi,” she told them. “Call me Mara, because the Almighty has made my life very bitter. <sup>21</sup> I went away full, but the Lord has brought me back empty. Why call me Naomi? The Lord has afflicted me; the Almighty has brought misfortune upon me.”

### The Third Bible Character is known as **THE DEMONIAK OF GADAREA - HIS CHAIN CAME FROM CONTINUAL REBELLION AGAINST AUTHORITY**

**Mark 5:1-10** – They went across the lake to the region of the Gerasenes.  
<sup>2</sup> When Jesus got out of the boat, a man with an impure spirit came from the tombs to meet him. <sup>3</sup> This man lived in the tombs, and no one could bind him anymore, not even with a chain. <sup>4</sup> For he had often been chained hand and foot, but he tore the chains apart and broke the irons on his feet. No one was strong enough to subdue him. <sup>5</sup> Night and day among the tombs and in the hills he would cry out and cut himself with stones.  
<sup>6</sup> When he saw Jesus from a distance, he ran and fell on his knees in front of him. <sup>7</sup> He shouted at the top of his voice, “What do you want with me, Jesus, Son of the Most High God? In God’s name don’t torture me!” <sup>8</sup> For Jesus had said to him, “Come out of this man, you impure spirit!”  
<sup>9</sup> Then Jesus asked him, “What is your name?”  
“My name is Legion,” he replied, “for we are many.”  
<sup>10</sup> And he begged Jesus again and again not to send them out of the area.

**Mark 5:18-20** –As Jesus was getting into the boat, the man who had been demon-possessed begged to go with him. <sup>19</sup> Jesus did not let him, but said, “Go home to your own people and tell them how much the Lord has done for you, and how he has had mercy on you.” <sup>20</sup> So the man went away and began to tell in the Decapolis how much Jesus had done for him. And all the people were amazed!

**Mark 5:15** –When they came to Jesus, they saw the man who had been possessed by the legion of demons, sitting there, dressed and in his right mind; and they were afraid.