

# FEELING EMOTIONAL



# DIVINE EMOTIONS

- We were made to feel emotions. They are a built-in response to the various positive and negative experiences of this life. We received this ability from God, who created us in His image (Genesis 1:26).
- God has the full range of emotions, and experiences them more intensely than we do (Luke 22:44, Nahum 1:6, Psalm 135:14, Lamentations 3:31-32, Proverbs 6:16-19).
- The trouble with emotions is that we are often very bad at controlling them, unlike God, whose just and righteous character never fails (Psalm 7:11, Romans 9:14).

# WHEN EMOTIONS RUN WILD

It is clear that our emotions can bring us to ruin when they are not governed by God's will or when one of them dominates the others (Prov. 14:30, Col. 3:5, Gal. 5:20). Jesus' example should encourage us, since He experienced everything that we do, but remained sinless (Heb. 2:11ff, 4:15). This means I can be angry, and not sin (Eph. 4:26), or be joyful in a way that glorifies God, not self (John 15:9-11, 1 Cor. 13:6).



# FEAR

- Fear helps us identify situations that are dangerous. Fear seems to “ebb and flow” through different stages of life (1 Corinthians 13:11, Ecclesiastes 12:5).
- It can be a useful, even healthy, starting point for our faith (Luke 12:5, Proverbs 1:7).
- It cannot be allowed to dominate our lives (Rev. 21:8). Certain kinds of fear must eventually give way to trust, courage, and, most of all, love (1 John 4:18). This does not mean I stop “fearing” God, but it does mean my relationship with Him matures beyond just being afraid of Hell (Rom. 8:15).



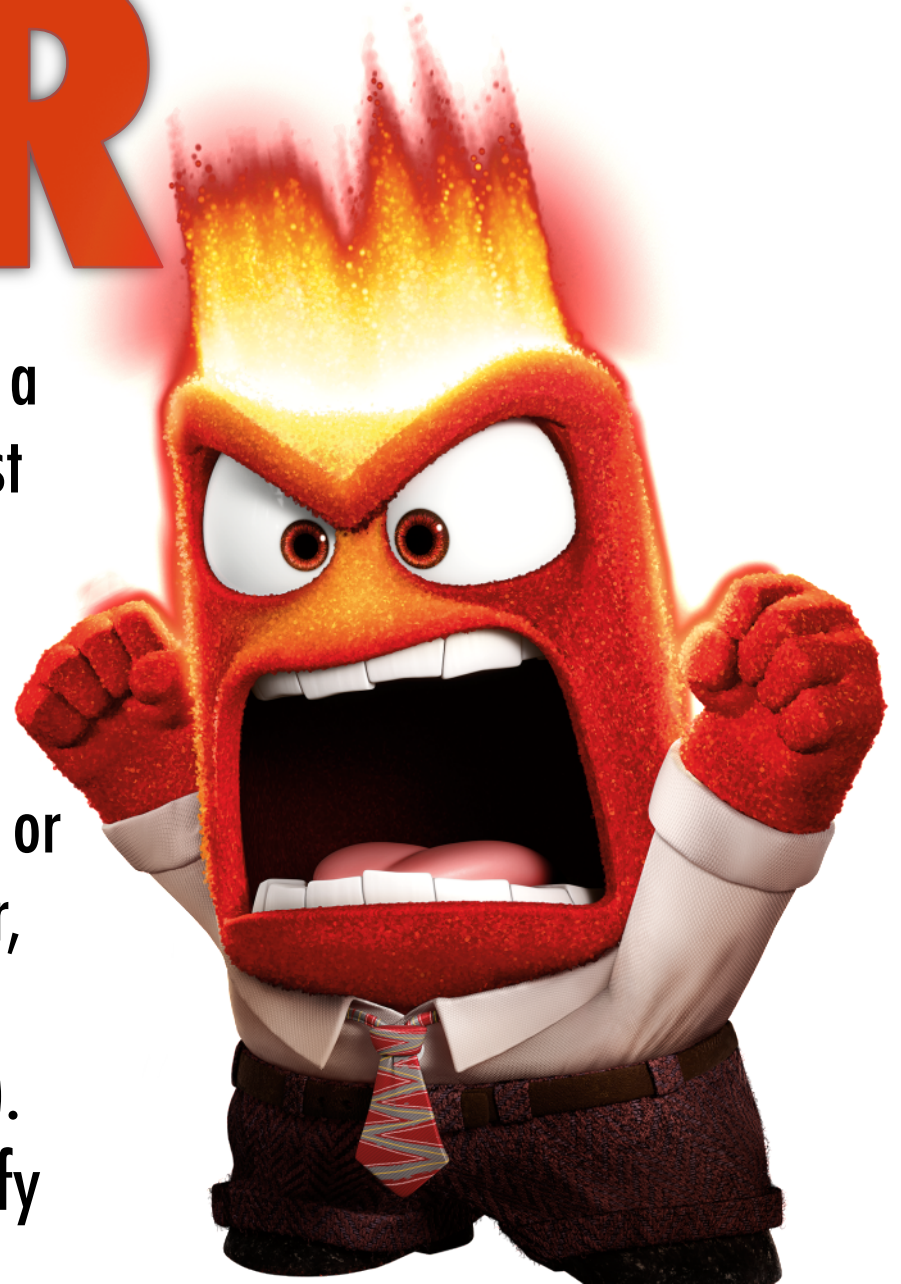
- Disgust is certainly in the “eye of the beholder”, so how do we know we are disgusted by the right things? Immorality does not disgust the person practicing it, after all!
- The big problem is when we do not put our preferences to the test of God’s standards! Notice Luke 16:15 and Titus 1:15-16.
- Our sense of disgust CAN change, both for worse (Jeremiah 8:12), and for the better (Ephesians 4:20, Titus 3:14).



# DISGUST

# ANGER

- The problem with anger is that it has a tendency to escalate or explode. Most of us lack the self-control to use it effectively (Ecc. 7:9, Prov. 22:24-25)!
- God has the potential for incredible indignation, but that does not permit or excuse our unrighteous anger. Rather, our anger should be directed toward productive spiritual goals (Eph. 4:26).
- Be very cautious about trying to justify your anger (James 1:19-20).



# SADNESS

- Our least favorite emotion, sadness actually has some unexpected blessings. Not the least of these is explained by Jesus in Matthew 5:5. While sadness hurts for a time, the comfort we receive from others helps build character, stronger relationships, appreciation, and a sense of community (Romans 12:15).
- Ecclesiastes 7:2-3 reminds us that there is a bittersweet contentment that comes with sorrow.





- Probably the most important thing we need to remember about joy is that it can only be found in God. Everything else is a cheap knock-off, a delusion (Ephesians 4:17-19).
- Joy is a fruit of the spirit (Galatians 5:22), which can only be found in “walking by the Spirit” (5:16).
- Joy is also not always the same thing as happiness, since somebody might be quite happy living in sin, but excluded from the inexpressible joy of salvation in Christ (1 Peter 1:6-9).
- “Rejoice in the Lord always; again I will say rejoice!” (Philippians 4:4-8).