

August 7, 2022 FEELINGS

Submitting our Emotions to God's Design

THE PURPOSE FOR THIS SERIES

Transformation & Equipping

Romans 12:1... *Therefore, brothers, by the mercies of God, I urge you to **present your bodies as a living sacrifice**, holy and pleasing to God; this is your spiritual worship. ² Do not be conformed to this age, **but be transformed** by the renewing of your mind, **so that you may discern what is the good**, pleasing, and perfect will of God. (HSCB)*

Ephesians 4:12-15... ¹² *equipping the saints for the work of ministry, to **build up the body of Christ**, ¹³ until we all **reach unity** in the faith and in the knowledge of God's Son, **growing into maturity** with a stature measured by Christ's fullness. ¹⁴ let us grow in every way into Him Who is the Head - Christ. that **we will no longer be infants, tossed about by the waves** and carried around by every wind of teaching and by the clever cunning of men in their deceitful scheming. ¹⁵ Instead, **speaking the truth in love**, we will in all things **grow up into Christ Himself**, who is the head. (BSB)*

THE GOAL OF THIS SERIES:

FULLY DEVOTED DISCIPLES OF JESUS CHRIST

Today we continue our new sub-series in our year-long emphasis on Discipleship. It is entitled Transformation Discipleship. We will look specifically into eight (8) areas of our life that need to be transformed by Christ if we are to be the Loving, Genuine Disciples that God desires and deserves.

1. **FAITH: Nurturing the Soul**
2. **FOCUS: Renewing Your Mind**
3. **FEELINGS: Submitting our Emotions to God's Design**
4. **FOOD & FITNESS: Caring For Your Body**
5. **FRIENDS: Encouraging One Other**
6. **FUNCTION: Developing Your Work/Career into a Ministry**
7. **FINANCES: Becoming a Good Steward**

Week One: Review - FAITH

- We Must Love God & Trust Him Supremely.
- We Must Seek God Intentionally & Passionately.
- We Must Read & Study His Word Consistently
- We Must Learn To Love People Deeply
- We Must Serve Others Selflessly
- We Must Honor God Faithfully With Our Income.
- We Must Share The Good News Faithfully

Week Two: Review - FOCUS

- A. Because My Thoughts Have Great Control Over My Life!
- B. Because my mind is the battleground for sin, We Must Free Our Minds From Destructive/Worldly Thoughts
Our Old, Fleshly Nature
The World's Value System
The Devil/Satan
- C. Because it's the Key to the Peace and Happiness of Discerning God's Will!

Take Away Points

1. Don't believe everything you Think
2. Guard your mind against Garbage/ Folly/ Untruth.
3. Never let up on Learning
4. Renew your mind daily with God's Word.

Today's Emphasis

FEELINGS: Submitting our Emotions to God's Design

<https://www.youtube.com/watch?v=nB6SVDMnck> How to Change Unwanted Feelings, Thoughts, and Emotions

Matthew 11:28...*Come unto me, all you who are weary and I will give you rest.*

Psalms 147:3...*He Heals the broken-hearted and bandages their wounds.*

Distinguishing Emotions from Feelings, Affection and Moods

List of Human Feelings/Emotions

Anger, Affection, Aggression, Ambivalence, Apathy, Anxiety, Boredom, Compassion, Confusion, Contempt, Depression, Desire, Doubt, Ecstasy, Empathy, Envy, Embarrassment, Euphoria, Forgiveness, Frustration, Gratitude, Grief, Guilt, Hatred, Hope, Horror, Hostility, Homesickness, Hysteria, Interest, Loneliness, Love, Paranoia, Pity, Pleasure, Pride, Rage, Regret, Remorse, Shame, Suffering, Sympathy.

Feelings/Emotions are a resource to drive us, motivate us to do something. It is designed to work in harmony with our mind and our body, with a relational result

A very brief and simplified understanding of the amazing system that God has designed to deliver these feelings to us is shown in this following video:

If you click on the reference link it will lead you to

YouTube video "Emotions and the Brain."

<https://www.youtube.com/watch?v=xNY0AAUtH3g>

For a more detailed understanding you may go to this site and read this article:

<http://www.biblicalcounselingcoalition.org/2011/07/27/toward-a-theology-of-emotion/>

Submitting our Emotions to God's Design

➤ God's Design For Feelings/Emotions

"Emotions aren't imperatives; they're not your boss. They're indicatives; they're reports. That's why Paul wrote in

Romans 6:12... *"Let not sin therefore reign in your mortal body, to make you obey its passions"* Remember that your feelings/emotions are gauges, not guides. Let them tell you where the attack is being made so you can fight it with the right promises. And go to a trusted friend for prayer, perspective, and counsel if you need to.

(Adapted from [Jon Bloom](#) (@Bloom_Jon) serves as author, board chair, and co-founder of Desiring God..

<https://www.desiringgod.org/articles/your-emotions-are-a-gauge-not-a-guide>)

"Feelings/Emotions were affected by the Fall and entry of sin into our world in the following ways:

"Emotions are distorted, no longer reflecting the exact image of God. They may be experienced or expressed in inappropriate ways. They are both inaccurate and inappropriate at times. Emotions may be deceptive and lead us into actions that are inconsistent with the will of God. Since emotions are not always accurate or adaptive, they cannot always be trusted". (Clark Campbell & Rodger Bufford)

“Through a relationship with Christ we have the capability of experiencing and expressing emotions as Christ did. Thus, the following are possible:

1. We can experience emotions accurately and adaptively.
2. Emotions can aid us in decision making.
3. Emotions can be consistent with our thoughts and actions.
4. Emotions can be complete and not fragmented.
5. Emotions can be expressed fully, and not denied, repressed or externalized.
6. Emotions can also be expressed with pure motives, and not be manipulative or destructive to others.

(Clark Campbell & Rodger Bufford)

(1) The Basic Facts of Your Feeling/Emotions

(A) God Created Us With Them, Because He Has Them

- **God loves.** *“For God so loved the world, that He gave His only begotten Son, that whoever believes in Him should not perish, but have eternal life,”* (John 3:16).
- **God hates.** “The LORD tests the righteous and the wicked, and the one who loves violence His soul hates,” (Psalm 11:5).

- **God has compassion.** (Psalms 103:8)...The LORD is compassionate and gracious, Slow to anger and abounding in lovingkindness.
- **God grieves.** “And the LORD was sorry that He had made man on the earth, & was grieved in His heart,” (Gen. 6:6).
John 11:25...Jesus wept
- **God expresses joy.** “... (Zephaniah 3:17)... The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing.’

Adapted from <https://carm.org/does-god-have-emotions>

2. Emotions Were Designed to be Conformed to God's Design

A. Why They Need To Be Conformed

- Because Emotions Can Be Unreliable
- Because Emotions Can Be Manipulated
- Because Emotions Can Please God
- Because Emotions Can Bring Fulfillment

B. How Do We Conform Them

1. Read & Study God's Word and How Christ Lived
2. Decide to Pause & Evaluate Your Emotions Before Acting on Them
 - ... Ask God to help you evaluate your feelings.
 - ... Reflect back on your emotional history
 - ... Consult a close & trusted Friend
3. Replace, Refocus & Rely With God's Power

Replace

Romans 12:2... “Let God transform you into a new person by changing the way you think. (NLT)

Philippians 4:8-9 ... Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

Refocus

Job 11:13-16...¹³ As for you, if you redirect your heart and lift up your hands to Him in prayer—¹⁴ if there is iniquity in your hand, remove it, and don’t allow injustice to dwell in your tents—¹⁵ then you will hold your head high, free from fault. You will be firmly established and unafraid.¹⁶ For you will forget your suffering, recalling it only as waters that have flowed by.

Proverbs 4:25... “Let your eyes look forward; fix your gaze straight ahead”.

Rely

ZECH. 4:6 'You will not succeed by your own strength or power, but by my Spirit,' says the Lord All-Powerful. (NCV)

1. Everyday, ask God to fill you with His Spirit

GAL. 5:22-23 When the Holy Spirit controls our lives, he will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.”

Whatever is INSIDE you is going to come out!

2. Everyday: Ask God to help you manage my mouth and my mind

PR. 13:3 “Self-control means controlling the tongue!” (LB)

THIS IS KEY: MAKE GOD’S WORD YOUR WORD!

PS. 19:14 “May the words of my mouth and the meditation of my heart be pleasing in your sight, O Lord!”

INVITATION

Phil. 4:13.. I can all things through Christ who strengthens me

Choose to Conform to God’s Will & Word Let God Transform You Though His Holy Spirit into the Image of Christ

References

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<http://www.brookemcglathlin.com/2013/04/how-to-control-your-emotions-25-scriptures-to-help-fight-off-the-lies/>

...Slick, Matt. Adapted from <https://carm.org/does-god-have-emotions>

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Extra Information

Bible Verses on Emotions

Proverbs 29:11 ESV

A fool gives full vent to his spirit, a wise man quietly holds it back.

Philippians 4:6-7 ESV Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Proverbs 15:18 ESV

A hot-tempered man stirs up strife, but he who is slow to anger quiets contention.

Proverbs 15:13 ESV

A glad heart makes a cheerful face, but by sorrow of heart the spirit is crushed.

Romans 12:15 ESV

Rejoice with those who rejoice, weep with those who weep.

1 John 4:16 ESV

So we have come to know and to believe the love that God has for us. God is love, and whoever abides in love abides in God, and God abides in him.

Joshua 1:9 ESV

Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.”

Ephesians 4:26-27 ESV

Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil.

Proverbs 17:22-23 ESV

A joyful heart is good medicine, but a crushed spirit dries up the bones. The wicked accepts a bribe in secret to pervert the ways of justice.

John 11:35 ESV Jesus wept.

James 2:19 ESV

You believe that God is one; you do well. Even the demons believe—and shudder!

Proverbs 25:28 ESV

A man without self-control is like a city broken into and left without walls.

Ecclesiastes 3:4-6 ESV

A time to weep, and a time to laugh; a time to mourn, and a time to dance; a time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing; a time to seek, and a time to lose; a time to keep, and a time to cast away;

Galatians 5:22-23 ESV

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

1 Corinthians 10:13 ESV

No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.

Proverbs 16:32 ESV

Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.

1 John 2:16 ESV

For all that is in the world—the desires of the flesh and the desires of the eyes and pride in possessions—is not from the Father but is from the world

Luke 6:45 ESV

The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks.

Colossians 3:15 ESV

And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful.

Proverbs 3:5-6 ESV

Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.

<http://www.openbible.info/topics/emotions>

25 Scriptures to Help Fight Of the Negative Emotions

<http://www.brookemcglathlin.com/2013/04/how-to-control-your-emotions-25-scriptures-to-help-fight-off-the-lies/>

1. When you feel scared, choose to believe He's in control
The LORD is my light and my salvation; whom shall I fear? The LORD is the stronghold of my life; of whom shall I be afraid? Psalm 27:1
2. When you feel weary, choose to believe He's good
For the LORD is good; his steadfast love endures forever, and his faithfulness to all generations. Psalm 100:5
3. When you feel alone, choose to believe He'll never leave you
It is the LORD who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed. Deut.31:8
4. When you feel unseen, choose to believe He knows your needs
Thereafter, Hagar used another name to refer to the LORD, who had spoken to her. She said, "You are the God who sees me." She also said, "Have I truly seen the One who sees me?" Genesis 16:13 NLT
5. When you feel unheard, choose to believe that He's listening
Because he bends down to listen, I will pray as long as I have breath! Psalm 116:2 NLT

6. When you feel hopeless, choose to be confident in God's ability to win the day
Though an army encamp against me, my heart shall not fear; though war arise against me, yet I will be confident. Psalm 27:3
7. When you feel depressed, look for ways God loves you. Remember that each day brings a new display of His mercies.
Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. Lamentations 3:22-23
8. When you feel worthless, choose to believe that you are of great worth to God
Keep me as the apple of your eye; hide me in the shadow of your wings... Psalm 17:8
9. When you feel unloved, choose to believe that God's love for you never goes away
I have loved you with an everlasting love; therefore I have continued my faithfulness to you. Jeremiah 31:3
10. When you feel misunderstood, choose to believe that Jesus understands what you're going through
For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Hebrews 4:15
11. When you feel abused, choose to believe that God is on your side*
The LORD will fight for you, and you have only to be silent. Exodus 14:14
12. When you feel brokenhearted, choose to believe that God has the power and desire to heal
He heals the brokenhearted and binds up their wounds. Psalm 147:3
13. When you feel desperate, choose to remember where your strength comes from
GOD, the Lord, is my strength; he makes my feet like the deer's; he makes me tread on my high places. Habakkuk 3:19
14. When you feel like nothing will ever change, choose to remember all the things God has done for you in the past, and believe He will do them again
I would have lost heart, unless I had believed that I would see the goodness of the Lord in the land of the living. Psalm 27:13 NKJV

15. When you feel lost, choose to turn your eyes back to Jesus and His Word

In all your ways acknowledge him, and he will make straight your paths. Proverbs 3:6

16. When you feel crushed in spirit, choose to believe God is close by
The LORD is near to the brokenhearted and saves the crushed in spirit.
Psalm 34:18

17. When you feel overwhelmed, choose to spend time in the presence of God, remembering all He has promised you

The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever. Psalm 23

18. When you feel like you're losing your mind, choose to call out to the Lord for help

But you, O LORD, do not be far off! O you my help, come quickly to my aid! Psalm 22:19

19. When you feel hurt, choose to believe the Lord is there to help and shield you

We wait in hope for the Lord; he is our help and our shield. In him our hearts rejoice, for we trust in his holy name. May your unfailing love be with us, Lord, even as we put our hope in you. Psalm 33:20-22

20. When you feel like giving up, remind yourself of how to take one more step

Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. Ephesians 6:10-11

21. When you feel confused, choose to believe God has a plan

For God is not a God of confusion but of peace. 1 Corinthians 14:33

22. When you feel lost, remember that Jesus left everything to come find you

What do you think? If a man has a hundred sheep, and one of them has gone astray, does he not leave the ninety-nine on the mountains and go in search of the one that went astray? Matthew 18:12

23. When you feel attacked, choose to believe that God is all you need, His approval your only goal

I cry to you, O LORD; I say, "You are my refuge, my portion in the land of the living. Psalm 142:5

24. When you feel nothing, choose to praise anyway, believing that your emotions will follow

Rejoice in the Lord always; again I will say, Rejoice. Philippians 4:4

25. When you feel angry, choose to remember where your hope comes from

I pray that your hearts will be flooded with light so that you can understand the confident hope he has given to those he called—his holy people who are his rich and glorious inheritance. Ephesians 1:18 NLT