

Love is an act of the will, accompanied by emotion, that leads to action on behalf of its object
Voddie Baucham, *Family Driven Faith*

We experience emotions because God experiences emotions and we are made in His image.
Deuteronomy 10:15, 11:17

Our aim is to be rooted and grounded in His love.
Ephesians 3:17-19, 4:17

Uncontrollable negative emotions can help us discover places of idolatry in our lives.
Deuteronomy 11:16

We change our emotions by changing how we think and what we believe.
Deuteronomy 11:18-23
Romans 12:1-2

Remembering what God (rehearsing the gospel) compels us to appropriately respond to Him.
(to be continued next week...)

“Slow to anger.” The Hebrew phrase is literally “long of nostrils.” Picture an angry bull, pawing the ground, breathing loudly, nostrils flared. That would be, so to speak, “short-nosed.” But the Lord is long-nosed. He doesn’t have his finger on the trigger. It takes much accumulated provoking to draw out his ire. Unlike us, who are often emotional dams ready to break, God can put up with a lot. This is why the Old Testament speaks of God being “provoked to anger” by his people dozens of times (especially in Deuteronomy; 1–2 Kings; and Jeremiah). But not once are we told that God is “provoked to love” or “provoked to mercy.” His anger requires provocation; his mercy is pent up, ready to gush forth. We tend to think: divine anger is pent up, spring-loaded; divine mercy is slow to build. It’s just the opposite. Divine mercy is ready to burst forth at the slightest prick.”

— Dane C. Ortlund, *Gentle and Lowly: The Heart of Christ for Sinners and Sufferers*

WHAT WE SEEK	PRICE WILLING TO PAY	GREATEST NIGHTMARE	OTHERS OFTEN FEEL	PROBLEM EMOTION
COMFORT Privacy, Lack of Stress, Freedom	Reduced Productivity	Obligations, Demands	Hurt, Ignored	Restlessness, Boredom
APPROVAL Affirmation, Love, Relationship	Less Independence	Rejection	Smothered	Self-Doubt, Bitterness
CONTROL Self-Discipline, Certainty, Standards	Loneliness, Lack of spontaneity	Uncertainty	Condemned	Anxiety, Worry
POWER Success, Winning, Influence	Burdened, Responsibility	Humiliation	Used	Anger, Frustration

Questions for Discussion

(Published weekly on the JICC mobile app):
Which problem emotion do you most identify with?
How does it point to what you are seeking after?
In what ways does it reveal the right/wrong ways you see yourself and see God?
What truth can you renew your mind with today?

3DQ - 3 Discipleship questions to ask each other:

What is God saying to you?
What are you going to do about it?
How can I help?

Shema Study Resource:

<https://bibleproject.com/learn/shema-listen>

Identifying your idols handout: <http://jicc.us/idols>

Adapted from “Gospel in Life” by Timothy Keller