

bible declaration

what lies beneath series

I DOUBT IT

pastor Rhonda God does not want us to be emotionally led. He also does not want us to be emotionally dead. our emotions have their place.

1 Peter 1:13 esv

Therefore, preparing your minds for action, and being sober-minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ.

Emotions are something that all of us have and experience. we are millionaires in emotions and they come in infinite combinations

Unfortunately, we usually think of our feelings in negative terms. We're so accustomed to hearing the phrase "emotional problems" that we often think our emotions are a bother, and a liability.

At times, many of us have likely thought that we'd be better off without emotions, but nothing could be further from the truth.

Emotions are an indispensable part of our humanity, but emotions are something we must learn how to embrace and employ for them to be helpful rather than harmful.

When it comes to our emotions, there are two opposing extremes that I want us to avoid.

1. One extreme is to try to ignore our emotions.

This seems to be a popular approach taken by many Christians who see our emotional makeup as a hindrance to progress in the Christian life.

But emotions are not something that should be denied, or suppressed, or ignored.

When a person denies or suppresses their anger, bitterness, shame or sorrow, those emotions don't disappear, rather they just smolder and simmer beneath the surface.

Those smoldering emotions do internal harm, and will simmer until they build to a boiling point and explode injuring everyone in their proximity.

So ignoring or denying our emotions is not a helpful or a healthy approach.

2. The opposite extreme is to allow our emotions to be in-charge.

When we make our emotions the primary focus and the primary decision maker for our lives, then we are in for a bumpy ride.

“If it feels good, do it!”

the 2 extremes

I thought about Mr. Spock and Captain Kirk from Star Trek – they make a good contrast between someone who is trying to be emotion-less, and someone who is prone to be driven by emotion.

“The mind, body, and soul are very close neighbors, and one usually catches the ills of the others.”

we are 3 part body, soul, spirit -physical, emotional, spiritual

We can talk about our body, soul, and spirit as separate components, but we live, breathe and react as one entity.

God created us with emotions so that our lives might be enriched.

- God could have created us without emotions – He could have made us intelligent, calculating, insensitive machines.
- But imagine how dull we would be and how dull life would be.

God has made us with emotions, not so they could control us or destroy us, but so that we might be able to enjoy life to the full.

our emotional wellbeing cannot be tied to things on earth, because those things are prone to change and to fail us.

- Life and circumstances can be hard and painful, and people can hurt us deeply (old saying is true “hurt people, hurt people”), but a healthy and consistent relationship with God can give us stability
- Just as God has given us the ability to feel physical pain as a protection, the ability to feel emotional pain is for our protection as well.
- The heat of the flame makes us pull our hand away from the stove,
- Similarly, the negative emotions we experience such as shame, bitterness and anger are not to be ignored, but are designed to lead us to Jesus
- and when we get to Jesus we receive joy, peace, comfort and these should lead us to praise and worship.

that brings us to what lies beneath

story about a circus that caught fire. The flames from the circus fire spread to the fields surrounding the circus grounds and began to burn toward the village below.

The circus master, convinced that the village would be destroyed and the people killed unless they were warned, asked if there was anybody who could go to the village and warn the people. The

clown, dressed in full costume, jumped on a bicycle and sped down the hill to the village below.

“Run for your lives! Run for your lives! A fire is coming and the village is going to burn!” he shouted as he rode up and down the streets of the village. “The village is going to burn! Run for your lives!”

Curious villagers came out from their houses and shops and stood along the sidewalks. They shouted back to the clown, laughing and applauding his performance. The more desperately the clown shouted, the more the villagers cheered.

The village burned and the loss of life was great because no one took the clown seriously. After all, he was just a clown.

Doubt, disbelief, skepticism, uncertainty, reservation

This is how we view ourselves no one will believe in me

Jesus believes in you

a woman who visited her priest and told him that when she prays, she sees Jesus in a vision.

“He appears to me as real as you are standing here right now, Father,” said the woman. “And he speaks to me. He tells me that he loves me and wants to be with me. Do you think I’m crazy?”

“Not at all,” replied the priest. “But to make sure it is really Jesus who is visiting you, I want you to ask him a question when he appears to you again. Ask him to tell you the sins that I confessed to him in confession. Then come back and tell me what he said.”

A few days later the woman returned.

“Did you have another vision of Jesus?” the priest inquired of her.

“Yes I did Father,” she replied.

“And did you ask him to tell you the sins that I confessed to him while I was in confession?”

“Yes I did,” the woman answered.

“And what did he tell you?” asked the priest expectantly.

“He said...‘I forgot.’”

Jesus graciously forgives and forgets our sins when we confess them to him. Scripture assures us of this: “If we confess our sins, he is faithful and just to forgive us” (**1 John 1:9**); and “I, even I, am he who blots out your transgressions...and remembers your sins no more,” says the Lord (**Isaiah 43:25**). Once God has forgiven our sins, they are gone forever, separated from us “as far as the east is from the west” (**Psalms 103:12; Hebrews 8:12**). The problem is that yes he forgets but we often do not. We dwell on it, mull over it and let our doubts and fears grow. When God has already said, it’s over with, forget it, and get on in doing my work. Get on with sharing the good news.

A young man was learning to be a paratrooper. Before his first jump, he was given these instructions:

1. Jump when you are told.
2. Count to ten and pull the ripcord.
3. In the unlikely event your parachute doesn’t open, pull the emergency ripcord.
4. When you get down, a truck will be there to take you back to the airport.

The young man memorized these instructions and climbed aboard the plane. The plane climbed to ten thousand feet and the paratroopers began to jump. When the young man was told to jump, he jumped. He then counted to ten and pulled the ripcord. Nothing happened. His chute failed to open. So he pulled the emergency ripcord. Still, nothing happened. No parachute. “Oh great,” said the young man. “And I suppose the truck won’t be there when I get down either!”

Have you ever felt like that young man? Have you had so many failures and disappointments in life that you just don't expect anything to go right for you?

Well, unlike the young man in our story, there is hope. Our hope resides in Jesus Christ, we can be forgiven for the failures of the past and we can start all over. Christianity is sometimes called the "gospel of the second chance" because our failures never have to be fatal. That's what the grace of God is all about. Even though our parachutes fail to open, we can always fall into the loving arms of our heavenly Father.

CLOSING
MADELYNN

this bring us to what lies beneath in us is doubt
the emotion of doubt can paralyze you and you dont do anything
to further your relationship with Jesus or
the emotion of doubt is a reminder that we cant do this walk on
our own we need Jesus.
doubt brings us to realize we need Jesus
and we can do it

JESUS BELIEVES IN YOU DON'T LET DOUBT RULE YOU