

Let's Get Emotional

...

Where are we going?

1. Why are emotions important?
2. What are they?
3. Can they help or harm?
4. Does God have emotions?
5. Help with Emotions

GENESIS 1:26

Then God said, “Let Us make
man in Our **IMAGE**, according
to Our **LIKENESS**;

What is an Emotion?

Conscious mental **reactions** subjectively experienced as strong feelings usually directed toward a specific object and typically accompanied by **physical and behavioral changes** in the body.

CORE EMOTIONS

HAPPINESS

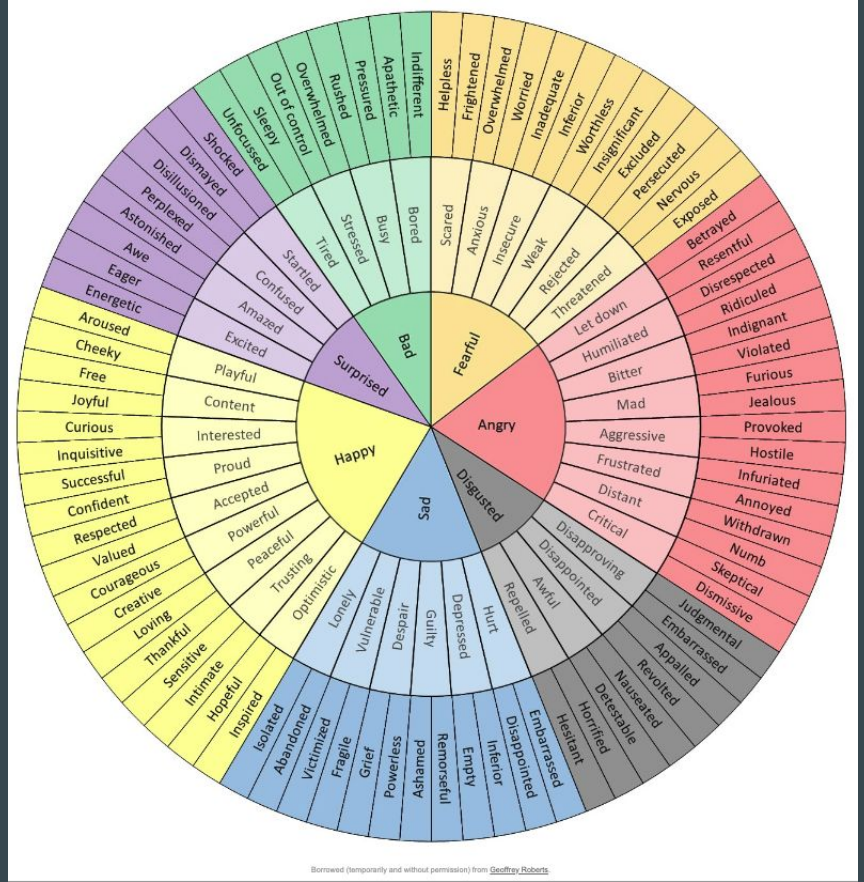
SADNESS

DISGUST

FEAR

SURPRISE

ANGER



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LIMBIC SYSTEM

WHERE DO THEY COME FROM?



COMMUNICATION

Expressing our emotions **constructively** involves not only being direct about how we feel, but also **being aware** of what we are communicating through body language and facial expressions.

The same **EMOTIONS**
can exhibit **different** responses

FEAR



ANGER
AGGRESSION
BULLYING

In different
people based
upon
experiences,
memories,
trauma, etc.

FEAR



HIDING
PANIC
CRYING

Are Emotions & Feelings the Same Thing?

Emotions

Originate as
sensations in
the body.



Feelings

Influenced by our
emotions but are
generated by our
thoughts.

What is a Feeling?

Feelings are subjective, evaluative, and independent of the sensations, thoughts or images evoking them. **They are purely mental.**

Emotional **CONTAGION**

When one person's emotions or behaviors are mimicked by another.

Her **SMILE** is contagious.

Are emotions
SINFUL?

JAMES 1:14-17

But each one is tempted when he is **carried away and enticed** by his own lust. Then when lust has **conceived**, it **gives birth to sin**; and when sin is accomplished, it brings forth **death**.

JAMES 1:19-20

You know this, my beloved brothers and sisters. Now everyone must be quick to hear, slow to speak, *and slow to anger*; for a man's **ANGER** does not bring about the righteousness of God.

Emotion of Guilt

...

I did this...

2 COR. 7:9-10

I now rejoice, not that you were made sorrowful, but that you were made sorrowful to *the point of* repentance... For the sorrow that is according to *the will of* God produces a repentance without regret, leading to salvation, but the sorrow of the world produces death.

ROMANS 8:1-2

Therefore, there is now **no condemnation** for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has **set you free** from the law of sin and death.

God used a Moses, a **murderer** to lead a people out of slavery, an **adulterer**, David, to rule a nation and turned a **xenophobe**, Paul, into the greatest missionary of all time.

Emotion of Shame

...

I am this...

“**YOU** should be **ASHAMED**
of **YOURSELF.**”

Grandma, 1974

GENESIS 3:8

Then the man and his wife heard the sound of the LORD God as he was walking in the garden in the cool of the day, and **they hid** from the LORD God among the trees of the garden.

GENESIS 3:9-10

But the LORD God called to the man, “Where are you?”

He answered, “I heard you in the garden, and I was afraid because I was naked; so I hid.”

SHAME ESPRESSO

- Think cynically about the future.
- Feeling embarrassed or humiliated.
- Drug & alcohol use.
- Rumination on past failures & rejections.
- Defensiveness- pushing others away.
- Suspicious & distrustful.
- Urges to hide or withdraw from people.
- Self-sabotage opportunities & relationships.

Judas the Betrayer



Shame defined him.
Matthew 27

MATTHEW 27:3-4

When Judas, who had betrayed him, saw that Jesus was condemned, he was seized with **REMORSE** and returned the thirty pieces of silver to the chief priests and the elders. “I have sinned,” he said, “for I have betrayed innocent blood.”

What Are Godly Emotions?

...

Let's Look at the example of Jesus

ROMANS 12:9-13

Let **love** be without hypocrisy. **Abhor** what is evil; cling to what is good. Be devoted to one another in **brotherly love**; give preference to one another in honor; not lagging behind in diligence, fervent in spirit, serving the Lord; **rejoicing** in hope, persevering in tribulation, devoted to prayer, contributing to the needs of the saints, practicing hospitality.

JOHN 11:1-3

Now a certain man was sick: Lazarus of Bethany, the village of Mary and her sister Martha. And it was the Mary who anointed the Lord with ointment, and wiped His feet with her hair, whose brother Lazarus was sick. So the sisters sent *word* to Him, saying, “Lord, behold, he whom You **love** is sick.”

JOHN 11:33-35

Therefore when **Jesus saw her weeping**, and the Jews who came with her **also weeping**, He was **deeply moved** in spirit and was **troubled**, and He said, “Where have you laid him?” They said to Him, “Lord, come and see.” **JESUS WEPT.**

LUKE 7:12-13

As he approached the town gate, a dead person was being carried out—the only son of his mother, and she was a widow. And a large crowd from the town was with her.

When the Lord saw her, **his heart went out to her** and he said, “Don’t cry.”

MATTHEW 9:36

When he saw the crowds, he had **compassion** on them, because they were harassed and helpless, like sheep without a shepherd.

HEBREWS 4:15

For we do not have a high priest who is unable to **empathize** with our weaknesses, but we have one who has been tempted in every way, **just as we are**—yet he did not sin.

What About Love?

When an **emotion** is healthy, it arises only when it's needed, it shifts and changes in response to its environment, and it recedes willingly once it has addressed an issue. When **love** is healthy, it does none of these things.

Karla McLaren, M.Ed.

LOVE is not an emotion

It is a **MOTIVATION**

It's more complicated. Love
is **COMPLEX.**

CARE

CLOSENESS

PROTECTIVENESS

ATTRACTION

AFFECTION

TRUST

WARMTH

RESPECT

Spiritual Help for **Emotional** Troubles

PHILIPPIANS 4:6-7

Do not be **anxious** about anything, but in every situation, by prayer and petition, with thanksgiving, make your requests to God. And the peace of God, which is beyond all understanding, **will guard your hearts and your minds** in Christ Jesus.

2 COR 2:3-5

... the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing **every thought** into captivity to the obedience of Christ...

ROMANS 12:14-17

Bless those who persecute you; bless and do not curse. **REJOICE** with those who rejoice, and **WEEP** with those who weep. Be of the same mind toward one another; do not be **proud** in mind, but associate with the lowly. Do not be wise in your own estimation. Never pay back evil for evil to anyone. Respect what is right in the sight of all men.

PHILIPPIANS 4:8

Finally, brethren, whatever is **true**,
whatever is **honorable**, whatever is **right**,
whatever is **pure**, whatever is **lovely**,
whatever is of **good repute**, if there is
any **excellence** and if anything
praiseworthy, **THINK** on these things.

Where we Went

1. Emotions are necessary
2. They help us understand & connect
3. They are designed to help us, but need regulation & spiritual understanding?
4. Our emotions are from God- His are pure