

Our Emotions

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Introduction

God created us in His image, and God's emotions are revealed in the Scriptures; therefore, God created us emotional beings. We feel love, joy, happiness, guilt, anger, disappointment, fear, etc.

Sometimes our emotions are pleasant to experience and sometimes not. Sometimes our emotions are grounded in truth, and sometimes they are "false" in that they are based upon false premises. For example, if we falsely believe that God is not in control of the circumstances of our lives, we may experience the emotions of fear or despair or anger based on that false belief. Regardless, emotions are powerful and real to the one feeling them. And emotions can be helpful indicators of what is going on in our hearts.

Out-of-control emotions tend not to produce God-honouring results:

Human anger does not produce the righteousness that God desires **James 1:20** (NIV)

1. How are we _____?

"From the beginning God's heart to build a dwelling place for himself in the earth is seen in his creation of man and woman - together, the foundation of the house of the Lord. Through the two of them together, he intended to live and revealed himself in the world. Through them God intended to manifest his character and authority (image), express his Dominion over the earth, Display his indisputable power over the works of darkness, and subdue His arch-enemy, Satan. The first man and woman were a microcosm of the church, signalling that God's glory would forever be seen in the Earth through the combined expression of male and female. Now, as then, God's blessing – his promise of success – is upon our unity." **Jack Hayford**

a). How do we _____ in the way we reveal our emotions to those around us?

Biblical examples:

I. _____ Philippians 4:4-8

II. _____ Genesis 42

III. _____ Psalm 21 - Psalm 22

b) We can _____ God's Word when we allow negative emotions to invade our 'here and now' moment.

Truly God is good to Israel, to such as are pure in heart. But as for me, my feet had almost stumbled; my steps had nearly slipped. For I was envious of the boastful, when I saw the prosperity of the wicked.

Psalms 73:1-3 (NKJV)

c) Let the Holy Spirit change you!

Ephesians 5 ...be filled with the Spirit

2. Gods _____

For the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit. For he who serves Christ in these things is acceptable to God and approved by men. Therefore let us pursue the things which make for peace and the things by which one may edify another.

Romans 14:17-19 (NKJV)

“When Christ died He left a will in which He gave His soul to His Father, His body to Joseph of Arimathea, His clothes to the soldiers and His mother to John. But to His disciples, who had left all to follow Him, He left not silver or gold, but something far better – His peace!” **Matthew Henry**

I am leaving you with a gift - peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid. **John 14:27 (NLT)**

For Christ himself has brought peace to us. He united Jews and Gentiles into one people when, in his own body on the cross, He broke down the wall of hostility that separated us. **Ephesians 2:14 (NLT)**

3. The Reality...

For all have sinned and fall short of the glory of God **Romans 3:23 (NKJV)**

For 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 **II Corinthians 10:4, 5 (NKJV)**

And they overcame him by the blood of the Lamb and by the word of their testimony, and they did not love their lives to the death. **Revelation 12:11 (NKJV)**

‘They overcame him by appropriating the victory of the finished work of Christ, by the public confession of their faith and patient endurance, even in the face of martyrdom. The church's constant posture under the authority of the Cross' victory by the blood of the lamb and steadfastness to the promise and authority of God's word - the word of their testimony - is the key to their overcoming’
(Spirit Filled Life Bible)

Conclusion:

The power of a surrendered life to Christ can surpass any negative emotion whether it's something that we have allowed in our life through disobedience to God's word or whether we are victims in a situation that was out of our control - if you allow Him, God can transcend every negative emotion and give you that peace that surpasses all understanding.

You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!
Isaiah 26:3 (NLT)