

Emotionalism

The background features a light blue grid pattern with rounded corners. On the left side, there is a cluster of pink hearts of various sizes, some with a slight gradient and shadow, giving them a 3D appearance. The hearts are scattered across the left half of the page, with some overlapping.

“Follow your heart, it never lies!”

Emotions/Feelings

Feelings are a gift from God, but they were never meant to lead us.

Emotions can be valuable for discovering truth as long as they are informed by scripture, reason, and reality.

Emotions vs. Passions

Passions

- Chemical/physical
 - Little control
- Primitive (fear, arousal, anger)

Emotions

- Judgment
- Changeable
- Can lead us to action

History

Naturalism/Modernism

Truth comes from what we can see around us.

Skeptic/Postmodern

Truth is subjective

Post-Postmodernism

Since we can't know the truth for sure, we'll go with...emotions!

Jer. 17:9 “The heart is deceitful above all things and beyond cure. Who can understand it?”

Fact or feeling???

Recognize the Message

“I cannot choose or control my emotions.”

“Negative emotions are harmful.”



“We can change reality to protect our emotions.”

How Emotionalism is Packaged

Trigger warnings

Follow your heart

“I'm offended!”



Offer Discernment

- Put tape over it
(denial)
- Smash it
(lash out at reality)
- Take it in
(truth of what's going on)



Gal. 5:22-23 The fruit of the Spirit talk about feelings that are indicators of the Holy Spirit's work in lives.

Lies to Discern

- If I feel it, it's true
- My feelings are YOUR responsibility.
- Enduring emotional distress = enduring injustice

Argue for a Healthier Approach

- Be aware of truth vs. truth claim
 - 2 Cor. 10:5 – We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.
 - Examine emotions – emotions are a kind of judgment that can be expressed as a claim
- Teach that we have some control over emotions and praise emotions when they align with truth

Reinforce (Discussion, Discipleship, Prayer)

- Teach kids about emotions
 - vocabulary
- Teach kids to identify their emotions
- Equip kids to make right decisions
 - Z-model from Myers-Briggs
 - Table of Wisdom – Murl & Bev Silvey