

## **Properly Responding to Feelings, Thoughts, and Actions. (November 6, 2025)**

Why do so many Christians talk and act like feelings are wrong or bad? “Jesus wept.” (John 11:35)

This may be the shortest verse of the Bible, but it also may be one of the most profound.

The Creator of the universe is willing to weep for and with His creation.

It may be that we repress, ignore, or vilify feelings because we have previously mishandled them.

If you have made the mistake of allowing your feelings to determine an important life decision, you know the pain and confusion that feelings cause when used improperly.

Of if you have been forced to navigate an important conversation with a loved one who consistently confuses thoughts and feelings, you know the bind feelings can put you in.

For these reasons and more, many people determine to “turn off” their feelings.

However, feelings are pesky and ignoring our feelings usually requires some form of numbing.

Drugs and alcohol, success and money, relationships and social media, or simply being busy may be able to quiet the noise of feelings, but they can never make them go away entirely.

If God Himself has feelings, then we (who are made in His image) have feelings.

And instead of trying to turn them off, we would be better to use them the way He intended.

Here are some things to consider in the proper use of feelings:

1. Feelings get validated. Thoughts get challenged. Actions get negotiated.  
A proper response to each will prevent confusion and frustration with yourself and others.
2. Feelings are best used as signals. They let us know that something is happening in our souls. It is best not to let your dashboard lights drive your car, but it is also not recommended that you ignore them either.
3. Statements such as “I feel like...” or “I feel that...” are not feelings at all; they are thoughts. Often, when people seek validation for something unreasonable, unnatural, or untrue, they attach the word “feel” to it. Rather than getting validated, those things are to be challenged.
4. Intentions are not to be confused with actions. Once we have agreed and established expectations, how one person feels doesn’t override the agreement. “I don’t feel like it” is not a valid excuse for refusing to go to work as scheduled...but it is a good reason to get fired.

In a world of numbing and confusion, may Christians experience and demonstrate abundant life!