

EMOTIONS

“The language of the heart.” -Ed Welch

DEFINED

- Emotions are the inner person’s response to life accompanied by a physiological feeling or sensation.
 - Luke 6:11 says that the Pharisees were “filled with rage.”
 - Matthew 26:38 describes Jesus as “overwhelmed with sorrow.”

GOOD

- Our emotions come from the Imago Dei.
 - We have emotions because God has emotions.
 - Anger (Rom. 1:18), Compassion (Ps. 135:14), Grief (Gen. 6:6), Joy (Is. 62:5)
- Our emotions can call us to godly action.
 - Example: A commercial for helping starving children plays and the compassion drives us to help.
 - Luke 10:30-36 – the Good Samaritan
- Our emotions can help us to fulfill God’s will.
 - If we keep our emotions godly, we are able to be obedient to the Lord. Therefore, we can fulfill His will.

BAD

- Our emotions can be deceptive when they come from sinful desires.
 - We cannot trust our hearts because our hearts can lie to us.
 - Jer. 17:19; Prov. 28:26
- Our emotions can drive us to sinful behaviors.
 - If we get angry and aren’t guarding our hearts, we lash out at others.
 - Gal. 6:8 – When we sow to the flesh, we reap its corruption. (If we spiral into the bad emotions, it leads us to sin.)
- Our emotions can help to fulfill the will of the devil.
 - When we allow our sinful emotions to lead us, we are doing the will of the devil. (John 8:44)

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ORIGIN

- Emotions comes directly from the heart and reveal how the inner person evaluates his/her life.
 - In Matthew 15:18-19, Jesus says that what someone says and does comes from the heart.
 - Proverbs 4:23 explains that we must guard our hearts so we are more equipped to cultivate godly emotions.

WORSHIP

Romans 1:25

DESIRE

James 4:3

THINK

Ephesians 4:23

TREASURE

Matthew 6:21

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CATEGORIES IN SCRIPTURE

- Emotions can be used as a diagnostic tool for our spiritual health.
 - Godly emotions are indicative that a person is spiritually healthy. (Galatians 5:22-23)
 - Sinful emotions are like the “check engine” light in a car. They indicate a cause for spiritual concern.

ALWAYS GODLY

- These are emotions that God commands us to have. (Gal. 5:22-23)
- As long as they fall under their biblical description, these emotions will never be sinful.
- Examples: love (1 Pet. 1:22), joy (Matt. 5:12), thanksgiving (Col. 3:15), forgiving (Col. 3:13), peace (Ps. 34:14)

ALWAYS SINFUL

- These are emotions that are explicitly prohibited in Scripture.
- They are commonly referred to as the “works of the flesh” (Gal. 5:19-21)
- Examples: lust (Col. 3:5), anxiety/worry (Phil. 4:6), bitterness (Heb. 12:15), selfish ambition (James 3:16), envy (Rom. 1:29)

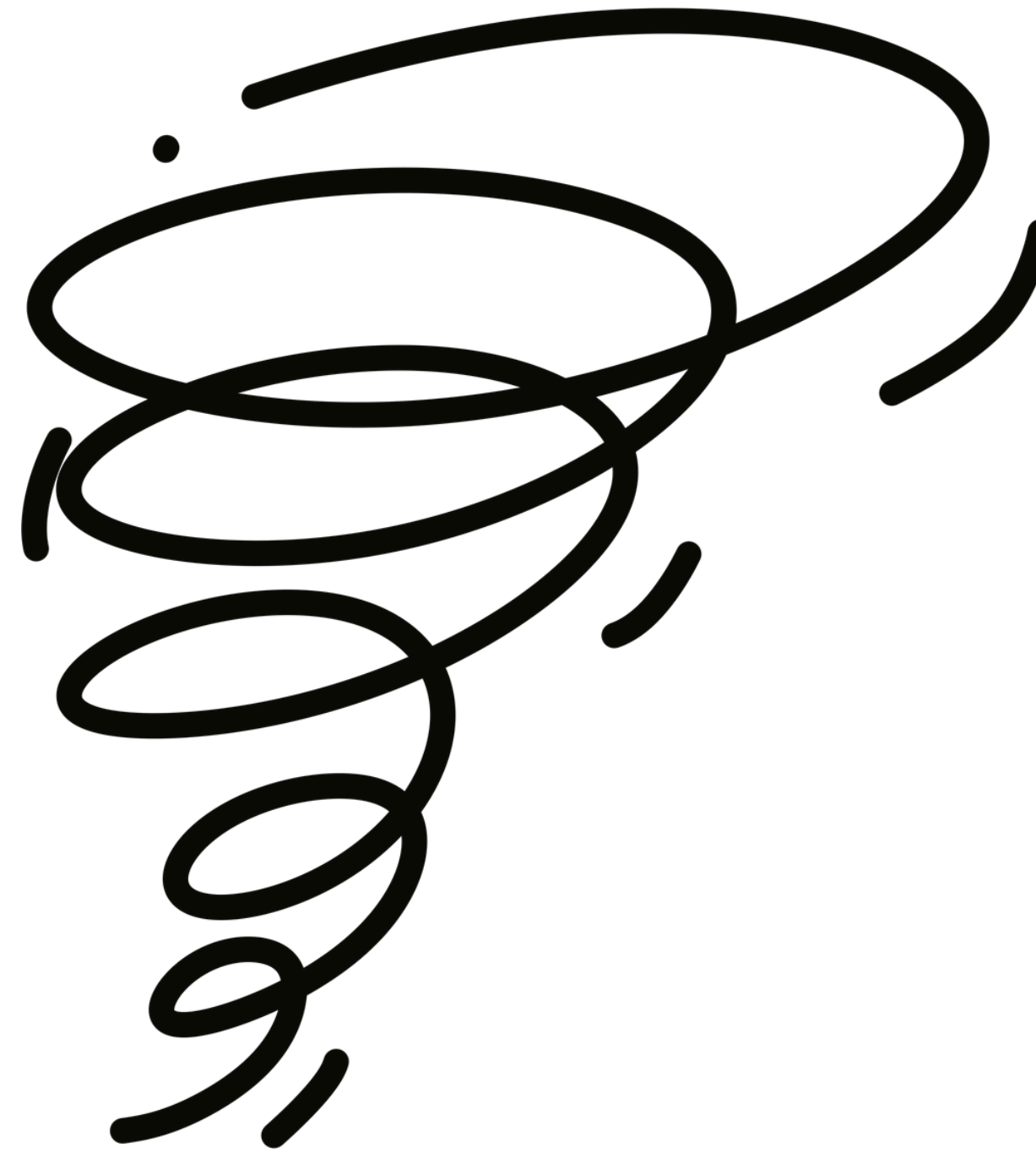
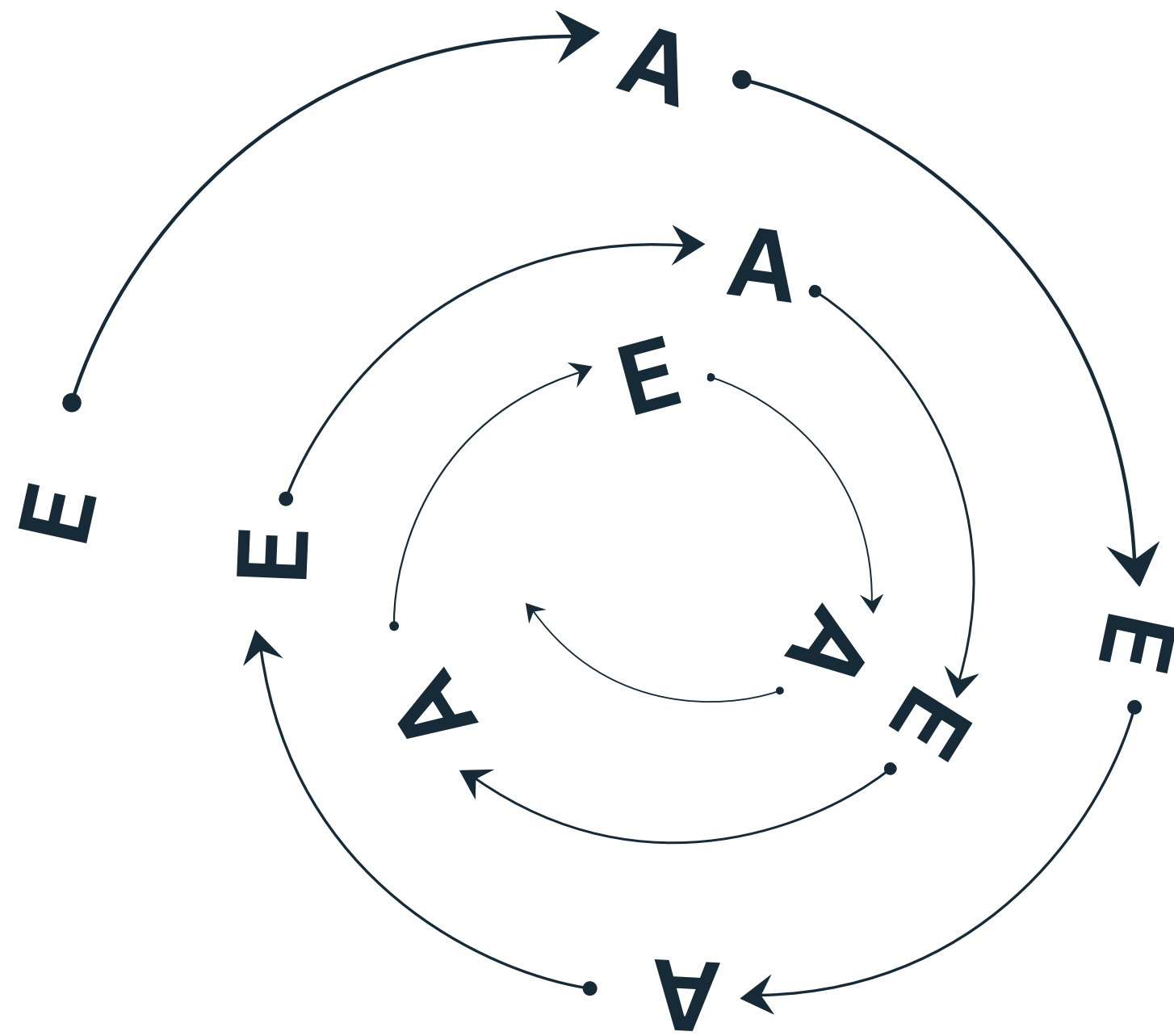
GODLY OR SINFUL

- These are emotions that are dependent on the context to determine their morality.
- Examples: fear (Deut. 6:13 vs. Phil. 4:6), anger (Eph. 4:26-27), jealousy (Ex. 34:14 vs. James 3:16)
- David Powlison’s X-ray Questions can help you determine the root cause of these emotions.

- The third category requires further digging to determine if the emotion is sinful or godly.
 - Example: If you are experiencing fear of the Lord, that is godly and commanded (Deuteronomy 6:13). If you are experiencing fear because you are worrying about things you do not know to be true, that is sinful (Philippians 4:8).

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The action of the emotion reinforces the emotion itself. (Galatians 6:7-9)

Sinful emotions must be controlled before they become a sinful habit. (Galatians 6:7-9)

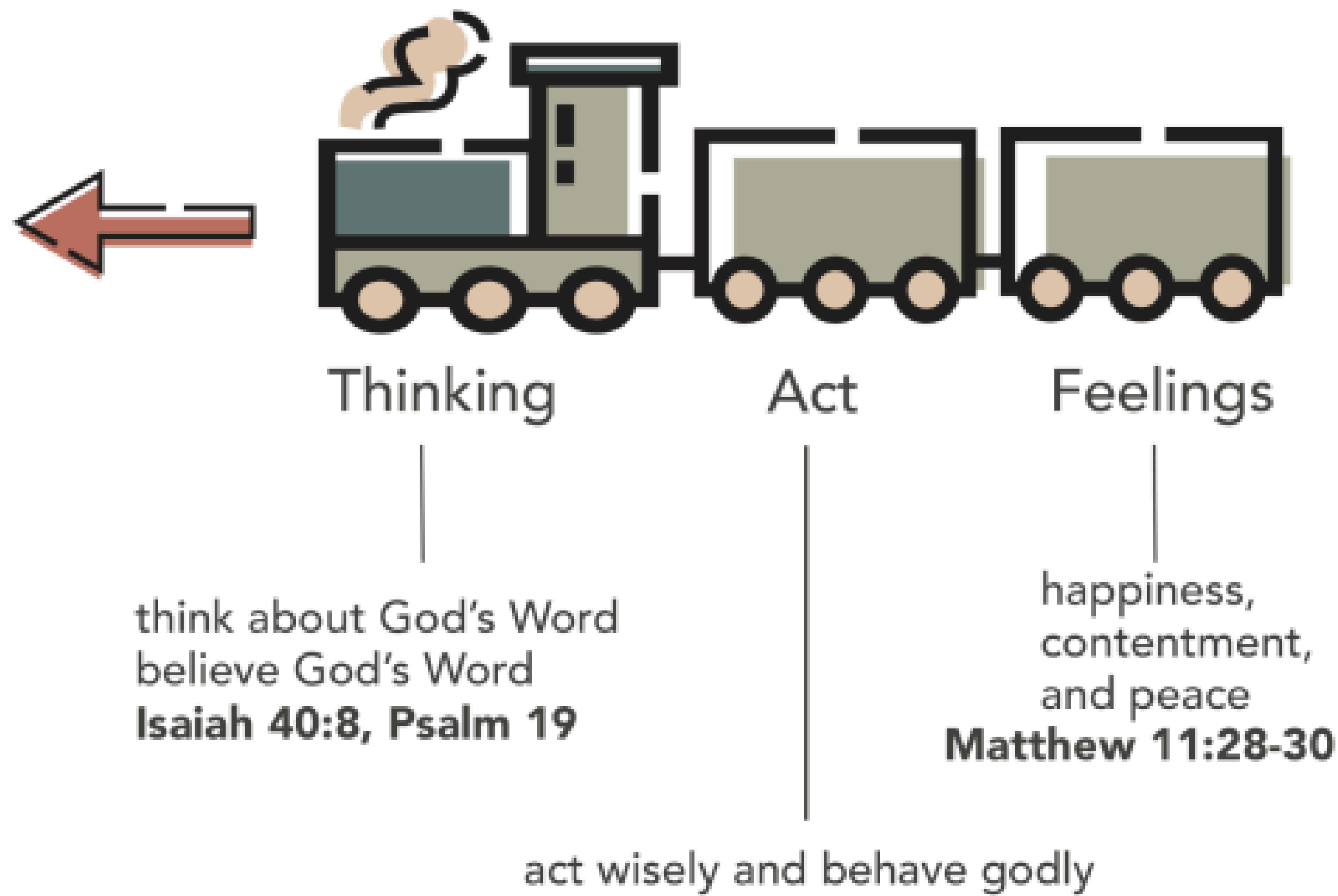
How? Determine the root cause of the sinful emotion by relying on God's power through the means He has given us.

CONTROL YOUR EMOTIONS

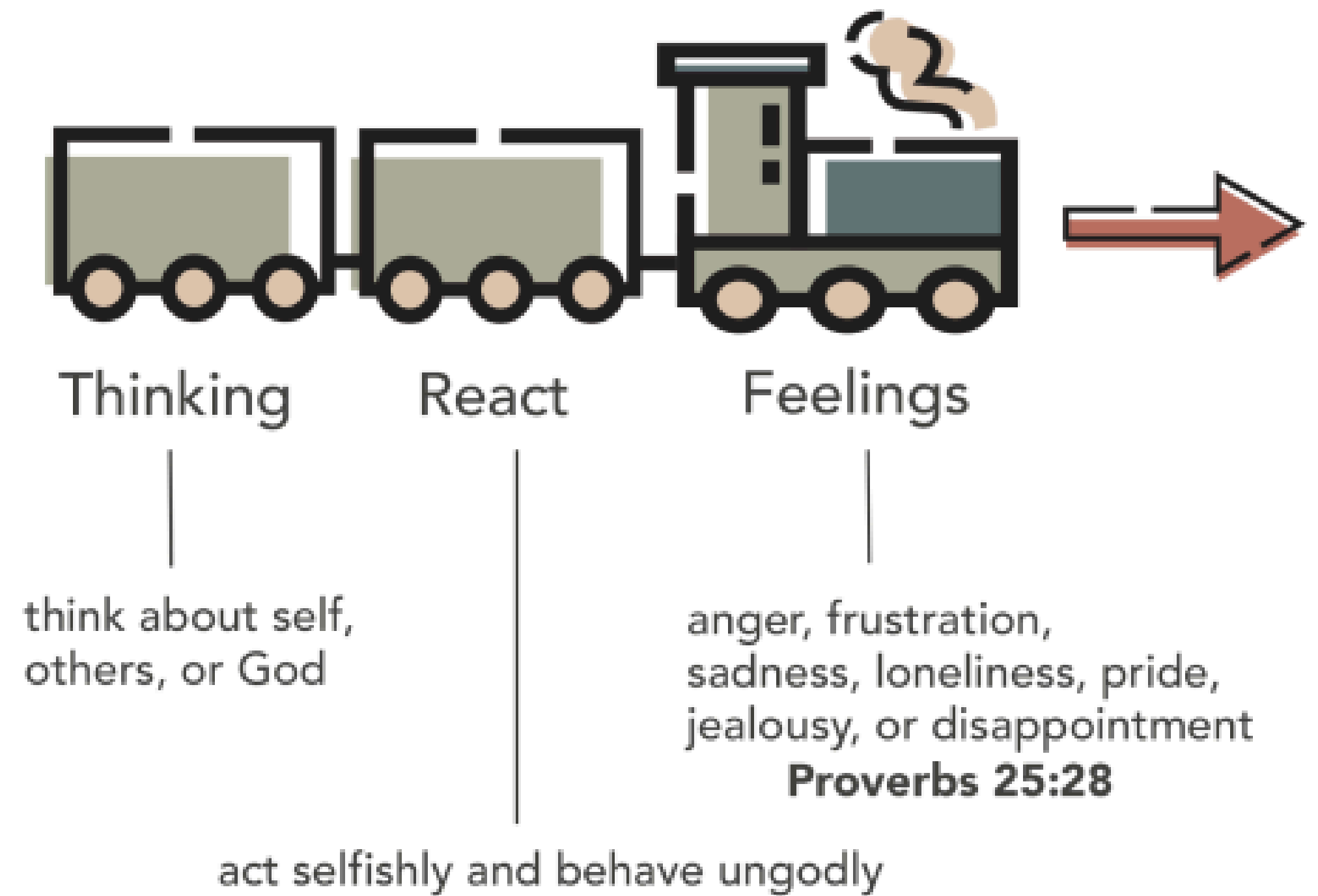
- If God commands us to have certain emotions and prohibits other emotions, then we can indeed control our emotions. (2 Peter 1:2-4)
 - God will not tell us to do something that we cannot do.

EMOTIONS TRAIN

Pleasing God



Pleasing Me

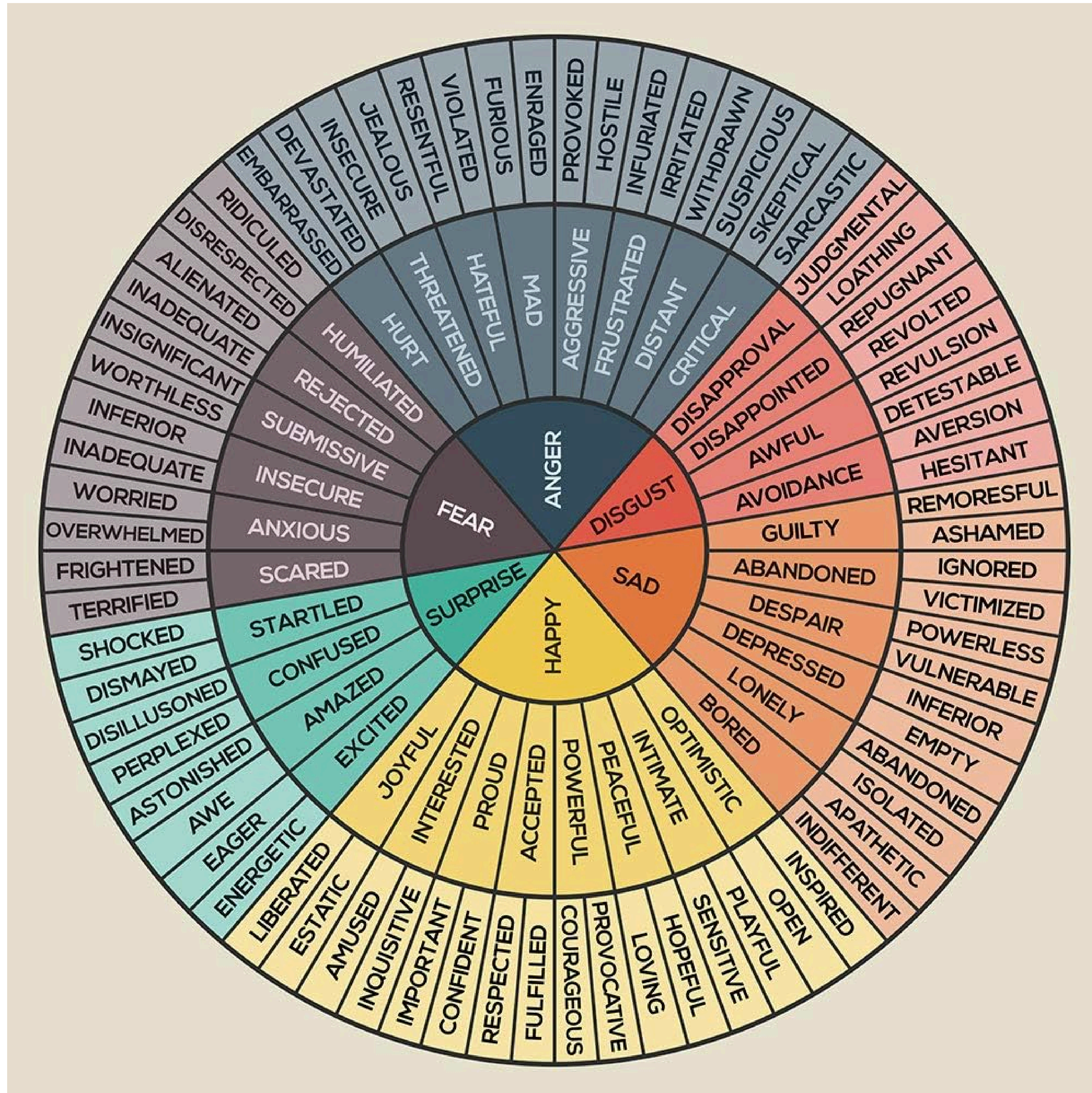


The **ENGINE** should always be “thinking” or our faith. When we put this first, we are putting the Bible first and letting God’s Word pull us.

The **SECOND** car will always be our behavior. If faith is our engine, then we will be obedient to God’s Word. If emotions are our engine, then our behavior will be sinful.

The **LAST** car will be godly emotions when we put our faith in the engine. When our emotions are in the right place, we can live in a way that pleases God. If we are pleasing God, then we will receive fruits of the Spirit. This means we will feel better!

Emotions Wheel



Emotions Homework

Directions: In the first column, describe a situation where you were led by your emotions instead of your faith. In the second column, write the emotions that drove your actions. In the last column, describe what you should have done according to the Bible. Include the Bible verse that supports your answer.

WHAT HAPPENED	EMOTION(S) FELT	WHAT I SHOULD HAVE DONE BASED ON WHAT GOD'S WORD TELLS ME. PROVIDE THE BIBLE VERSE.