



Navigating Life Series

Carl Trueman's "Modern Therapeutic Society"

. . . the psychological, therapeutic culture **seeping** into our Christianity.

Carl R. Trueman, *Strange New World: How Thinkers and Activists Redefined Identity and Sparked the Sexual Revolution* (Wheaton, IL: Crossway, 2022), 172.

Jude 4 (NASB95) — 4 For certain persons have **crept in unnoticed,** those who were long beforehand marked out for this condemnation, ungodly persons who turn the grace of our God into licentiousness and deny our only Master and Lord, Jesus Christ.

What is the Aim?

A. Not be ignorant

B. To be equipped

2 Corinthians 2:11 (NASB95) — 11 so that no advantage would be taken of us by Satan, for we are not **ignorant** of his schemes.

Ephesians 4:12 (NASB95) — 12 for the
equipping of the saints for the work of service,
to the building up of the body of Christ;

2 Corinthians 11:3 (NASB95) — 3 But I am afraid that, as the serpent **deceived** Eve by his **craftiness**, your **minds** will be **led astray** **from** the **simplicity** and **purity** of devotion to Christ.

Be not **ignorant** of Satan's schemes

a) You live in a “therapeutic society,” and it's creeping into Christianity.

b) People you love and aim to evangelize are in the “therapeutic society.”



EMOTIONS R' US or Not?

Part 1

God **created** man in His own image, in the **image of God** He created him; male and female He created them (**Genesis 1:27 NASB95**).

God is a “person” in that He is a **personal God** with a *mind*, **emotions**, and a *will of His own*. To deny God’s emotions is to deny that He possesses **personality**. God’s emotions are not the same kind of emotions we humans exhibit, meaning God is not “emotional” and does not have “mood swings” (see **Hebrews 1:12**).

- **Anger** – **Psalms 7:11**; Deuteronomy 9:22; Romans 1:18
- **Compassion** – Psalm 135:14; Judges 2:18; Deuteronomy 32:36
- **Grief** – **Genesis 6:6**; Psalm 78:40
- **Love** – 1 John 4:8; Jeremiah 31:3
- **Hate** – Proverbs 6:16; Psalm 5:5; Psalm 11:5
- **Jealousy** – Exodus 20:5; Exodus 34:14; Joshua 24:19
- **Joy** – Zephaniah 3:17; Isaiah 62:5; Jeremiah 32:41

Jesus was not an emotionless automaton.

He felt what we feel, **weeping** with those who wept ([John 11:35](#)),

feeling compassion for the multitudes ([Mark 6:34](#)), and being

overcome **with sorrow** ([Matthew 26:38](#)). Through it all, He revealed the

Father to us ([John 14:9](#)).

Every way in which man is like God is part of his **being in the image and likeness of God**. . . Also, **human emotionality** is complex, as people can experience two or more emotions almost simultaneously. *Emotionally*, a human experiences a wide range of **emotions and feelings**, such as fear, anger, guilt, anxiety, regret, shame, happiness, and joy.

John MacArthur and Richard Mayhue, eds., [Biblical Doctrine: A Systematic Summary of Bible Truth](#) (Wheaton, IL: Crossway, 2017), p. 413-414

Carl Trueman's -- "Modern Therapeutic Society" . . . the psychological, therapeutic culture **seeping** into our Christianity.

“Spit It Up”—Emotions Are Everything

The loudest voice in the room, at least in the Western world, tells us that our **emotions are everything**, the most important thing, the thing that most defines us.¹

J. Alasdair Groves and Winston T. Smith, *Untangling Emotions* (Wheaton, IL: Crossway, 2019), p. 86-89.



The modern self assumes the authority of **inner feelings** and **sees authenticity** as defined by the ability to give **social expression** to the same.

Carl R. Trueman, *Strange New World: How Thinkers and Activists Redefined Identity and Sparked the Sexual Revolution* (Wheaton, IL: Crossway, 2022), 22.

Simply change them... at will?

“Suck-It-Up”—Emotions Are Nothing

This instinct holds that emotions ought to be treated like a stray rabid dog that has wandered into your living room. . . . The classic image of the “suck-it-up” perspective on emotions is the Marlboro man. . . .



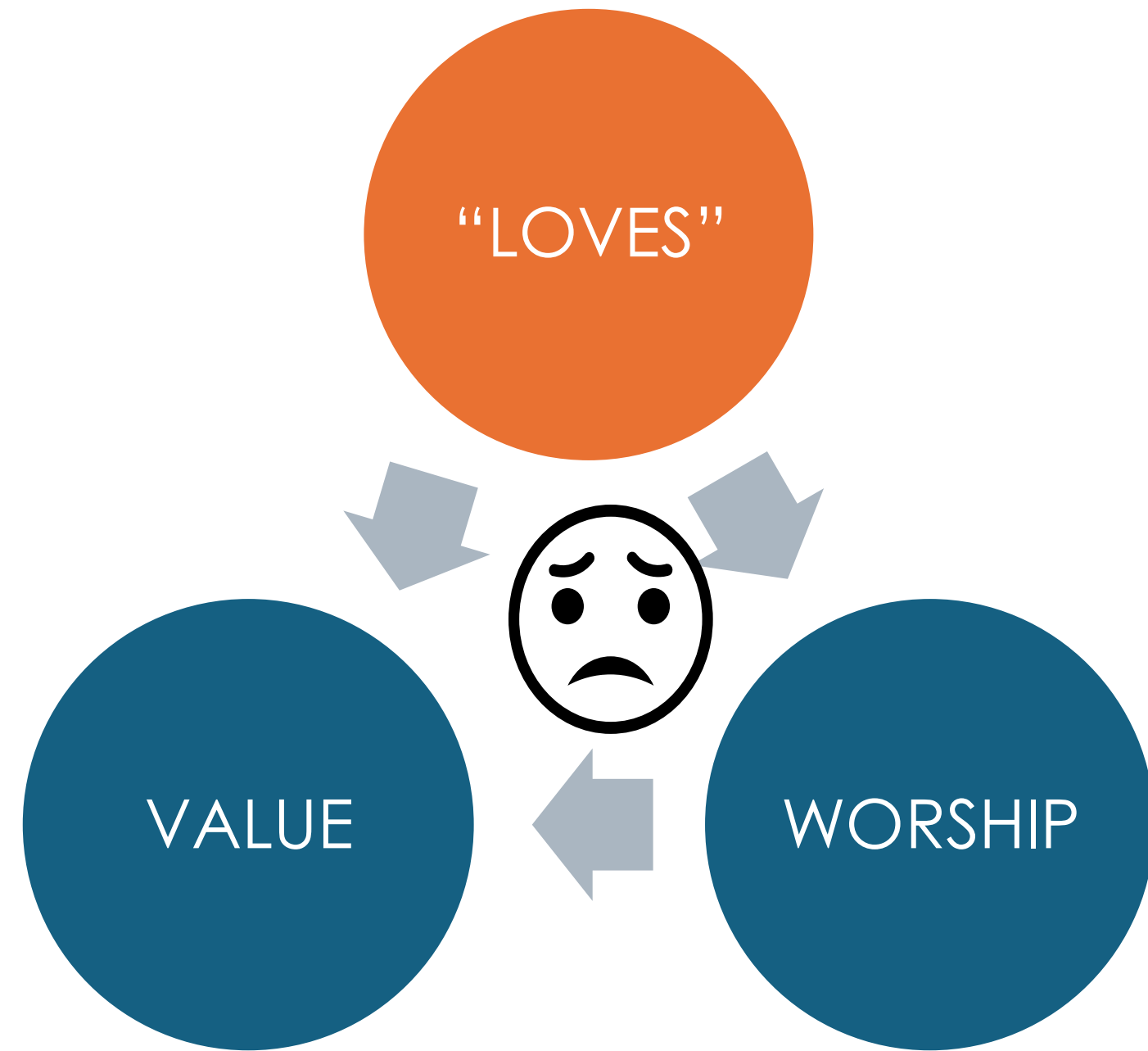
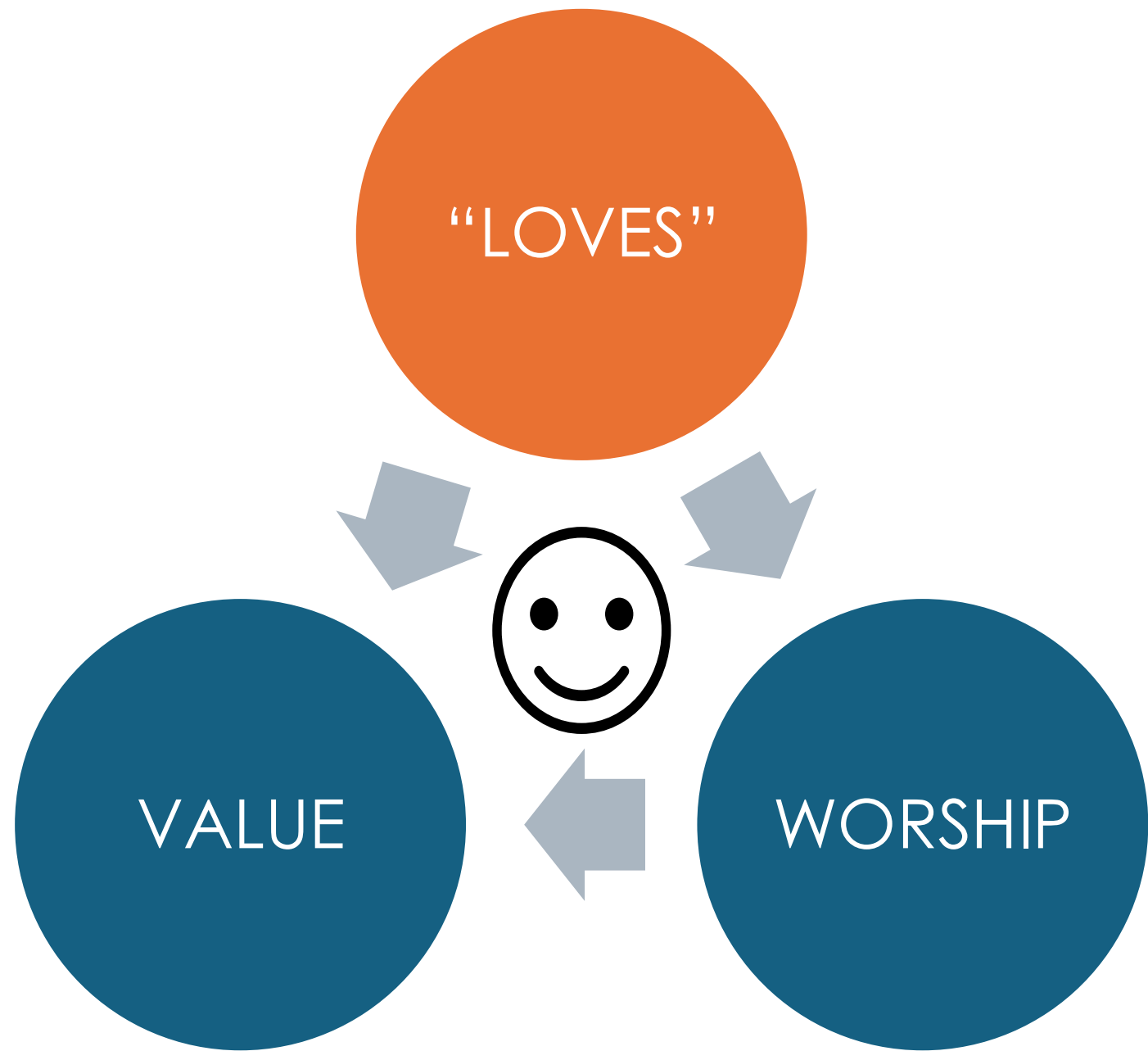
Changing your feelings is *not* your biggest goal.

Instead, you want to **examine, engage** and

educate your emotions with **biblical truths** to

drive you to act in ways that will **change** your

“**loves**” i.e. **worship, and the things you value...**



Even the most **problematic emotions** are never the true problem. The true problem is the collection of **warped 'loves'** of our hearts...

J. Alasdair Groves and Winston T. Smith, *Untangling Emotions* (Wheaton, IL: Crossway, 2019), p. 91.

DON'T BLAME IT ON THE BRAIN

Thoughts

Desires

Values
Worship

Emotions

Proverbs 23:7 (NASB) 7 For as he **thinks** within himself, so he is.

Proverbs 4:23 (NASB) 23 Watch over your **heart** with all diligence,
For from it flow the springs of life.

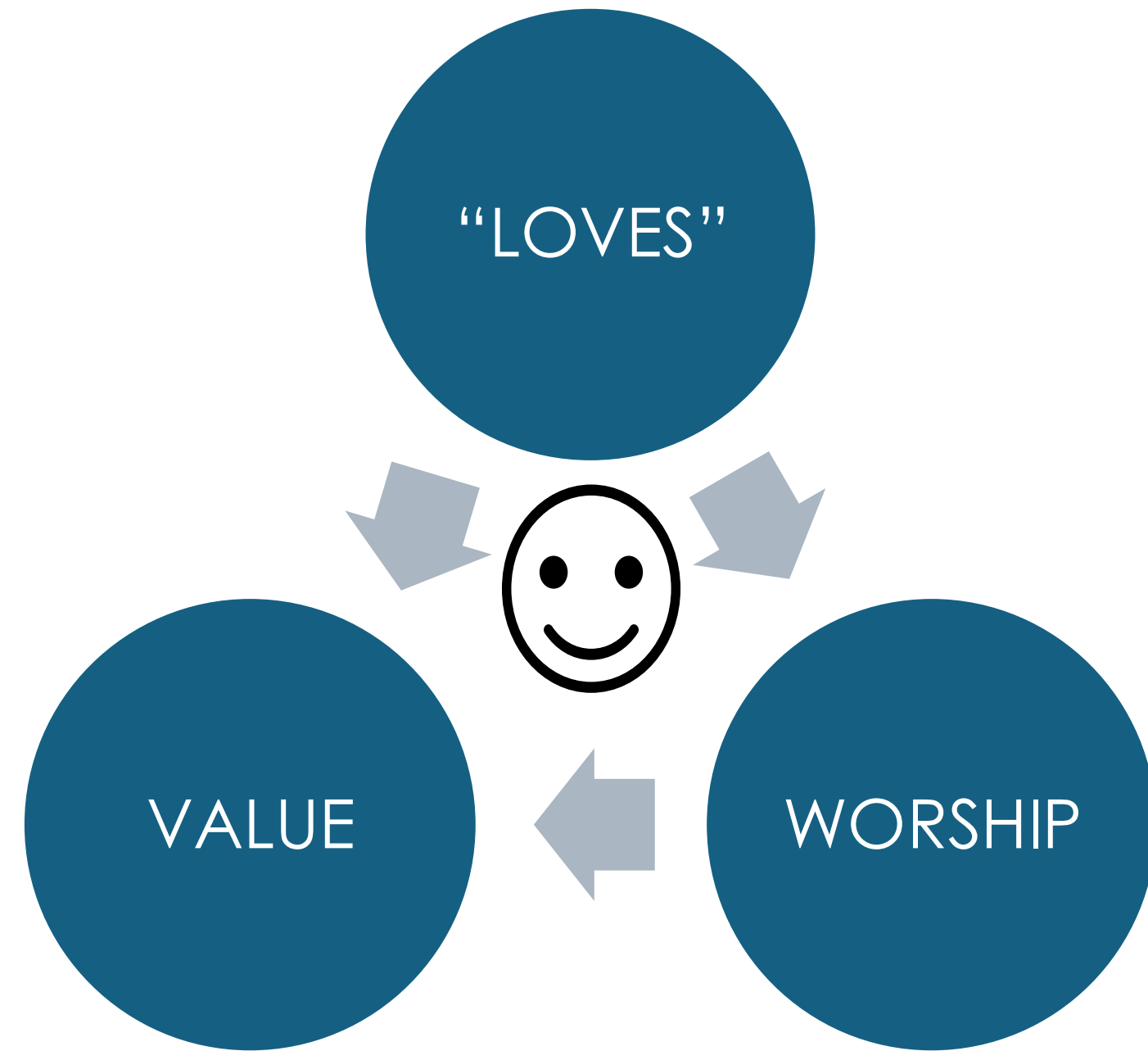
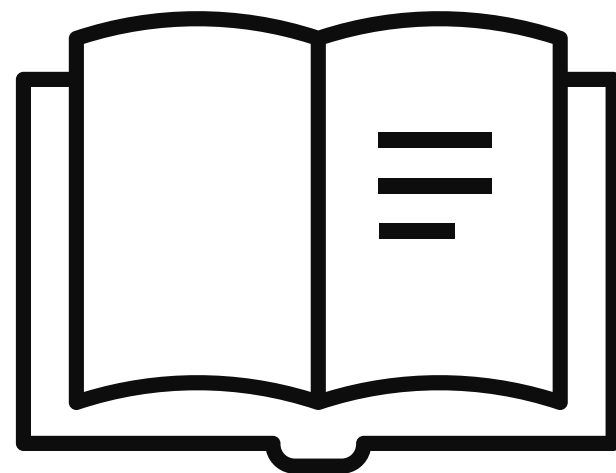
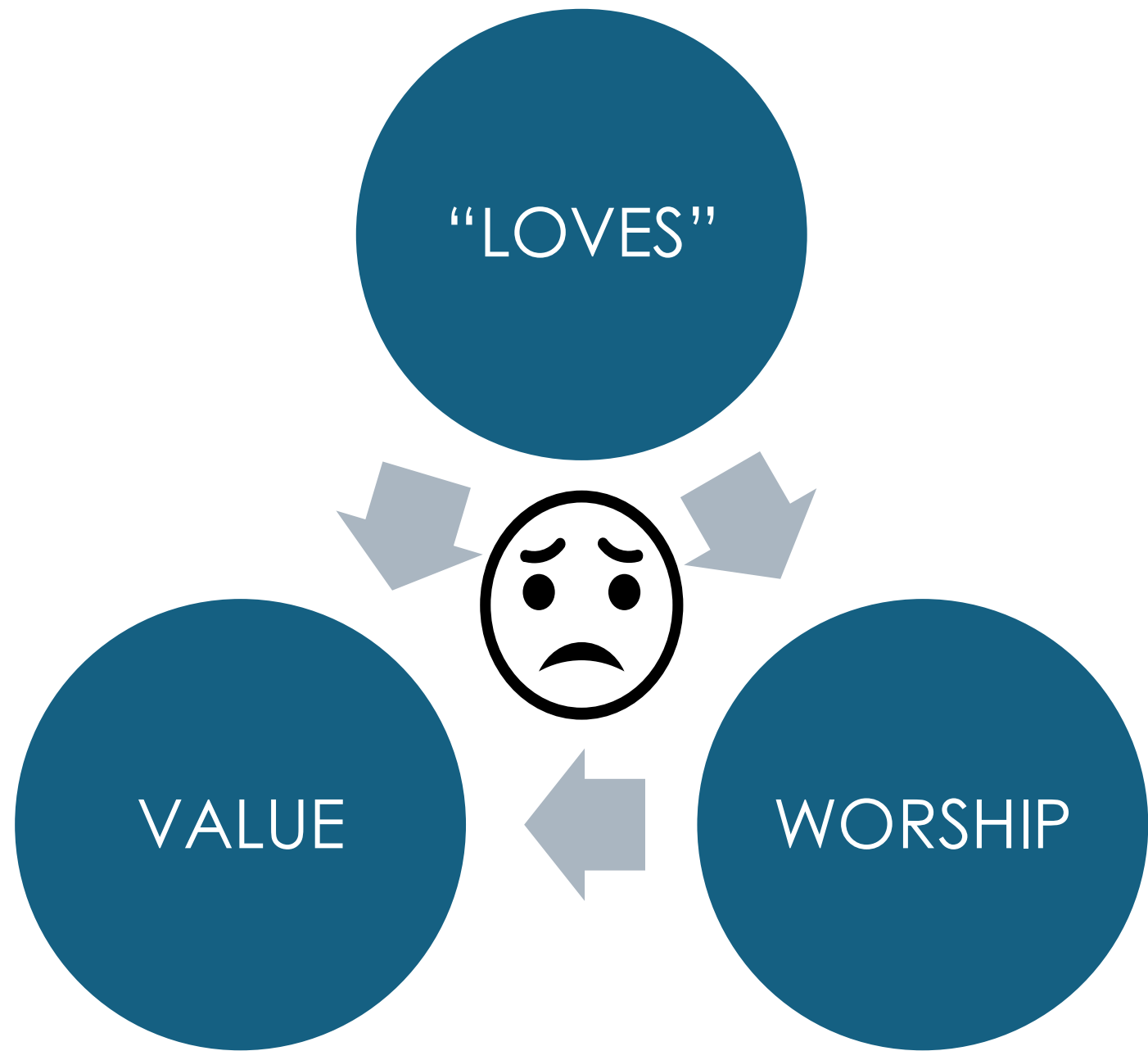
The mind and emotions encompass everything that
causes a person to act.

John MacArthur and Richard Mayhue, eds., [*Biblical Doctrine: A Systematic Summary of Bible Truth*](#) (Wheaton, IL: Crossway, 2017), 700.

. . . we will still always have to wrestle with our
**emotions as expressions of what we love, [value,
and, worship].**

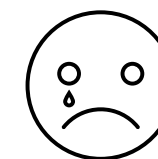
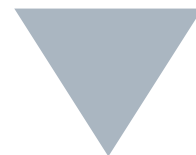
... understanding the mechanics of the brain is not the same as understanding how to live rightly before the Lord... the deepest ***whys* of your emotions are not the neural pathways** they travel. Instead, the deepest '*whys*' are the things Scripture is constantly pointing to: **the love and worship of your heart...**

J. Alasdair Groves and Winston T. Smith, [*Untangling Emotions*](#) (Wheaton, IL: Crossway, 2019), 64.



CHECKING THE DESIRES OF THE MIND AND FLESH:
THE THINGS WE VALUE AND WORSHIP

Ephesians 2:3 (ESV) — 3 among whom we all once lived in the passions of our flesh, carrying out the desires of the body and the mind, and were by nature children of wrath, like the rest of mankind.



James 4:1–3 (NASB95) — 1 What is the source of quarrels and conflicts among you? Is not the source your pleasures that wage war in your members? 2 You lust and do not have; so you commit murder. You are envious and cannot obtain; so you fight and quarrel. You do not have because you do not ask. 3 You ask and do not receive, because you ask with wrong motives, so that you may spend it on your pleasures.

Emotions are simply **not** meant to be turned **off** and **on** at will. They are meant to be **dealt with at the source.**

J. Alasdair Groves and Winston T. Smith, [Untangling Emotions](#) (Wheaton, IL: Crossway, 2019), p. 80.

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EXAMPLES

Idolatry

- Things we worship other than God

Injustice

- Mistreatment perceived or real

Inequity

- Unfairness perceived or real

Inadequacy

- Things we require to be "happy"

Esther 5:9 (NASB95) — 9 Then Haman went out that **day**
glad and **pleased** of heart; **but** when Haman saw
Mordecai in the king's gate and that **he did not stand up**
or **tremble** before him, **Haman was filled with anger** against
Mordecai.

Idolatry

- Injustice
- Inequity

Esther 5:9 (NASB95) — 9 Then Haman went out that **day glad** and **pleased of heart**; **but** when Haman saw Mordecai in the king's gate and that he did not stand up or tremble before him, **Haman was filled with anger** against Mordecai.

Esther 5:12-13 (NASB) 12 Haman also said, “Even Esther the queen let no one but me come with the king to the banquet which she had prepared; and tomorrow also I am invited by her with the king. 13 Yet all of **this does not satisfy me** every time I see Mordecai the Jew sitting at the king’s gate.”

Esther 5:12--13 (MSG) — 12 “On top of all that,” Haman continued,
“Queen Esther invited me to a private dinner she gave for the king,
just the three of us. And she’s invited me to another one tomorrow. —
13 But **I can’t enjoy any of it** when I see Mordecai the Jew sitting at
the King’s Gate.”

HAMAN HAS A LOW SELF-ESTEEM?

HAMAN HAS MAJOR DEPRESSION?

HAMAN HAS BI-POLAR?

Idolatry

- Injustice
- Inequity
- Inadequacy

Esther 5:13 (NASB95) — 13

“Yet all of this **does not**
satisfy me every time I see
Mordecai the Jew sitting at
the king’s gate.”

Does Haman simply **need to**
change the way he feels?

Now this leads us to an important nuance: we said a moment ago that no amount of willpower is going to make you “**feel calm**” racing to the hospital. . .

J. Alasdair Groves and Winston T. Smith, [*Untangling Emotions*](#) (Wheaton, IL: Crossway, 2019), p. 79.

We need a change of our **hearts** (thoughts) more than a change of our **emotions**. . . Emotions are simply **not** meant to be turned **off** and **on** at will. They are meant to be **dealt with at the source**.

[1] J. Alasdair Groves and Winston T. Smith, [*Untangling Emotions*](#) (Wheaton, IL: Crossway, 2019), 79-80

SO, HOW DO WE HELP HAMAN?

✓Salvation

Ephesians 2:3-4 (NASB95) — 3 Among them we too all **formerly lived** in the **lusts of our flesh**, **indulging** the **desires of the flesh** and of the **mind**, and were by nature **children of wrath**, even as the rest. **4** But God, being rich in mercy, because of His great love with which He loved us, **5** even when we were dead in our transgressions, **made us alive together with Christ** (by grace you have been saved),

✓ SANCTIFICATION

Romans 12:2–3 (NASB95) — 2 And do not be conformed to this world, but be transformed **by the renewing of your mind,** so that you may prove what the will of God is, that which is good and acceptable and perfect.

Ephesians 4:23 (NASB) 23 and that you be
renewed in the spirit of **your mind**,

Thoughts

Desires

Values

Worship

Emotions

Mr. Haman

Romans 12: 3 (NASB95) For through the grace given to me I say to everyone among **you not to think more highly of himself** than he ought to think; but to think so as to have **sound judgment**, as God has allotted to each a measure of faith.

Mr. Haman

Philippians 2:3 (NASB95) — 3 Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves;

Genesis 4:5–7 (NASB95) —5 but for Cain and for his offering He had no regard.6 Then the LORD said to Cain, “Why are you **angry**? And why has your **countenance fallen**? **7** “If you do well, will not your *countenance* be lifted up? And if you do not do well, sin is crouching at the door; and its desire is for you, but you **must master it.**”

Idolatry

- Injustice
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God designed your emotions to be gauges, not guides. They're meant to report to you, **not dictate you . . .**

-- [Jon Bloom](#) (Desiring God).

1. Emotions Communicate Value

Emotions express what we value or love -- **John 11:35** **Jesus wept**

2. Emotions Motivate Us

Emotions provide physical energy and motivation to do things – **Ezra 1:5** “**stirred up the hearts**”

3. Emotions Turn Us toward God

Emotions in expressions of worship – **Psalms 32:11** “**gladness... joy**”

4. Emotions Help Us to Relate with Others

Emotions express our loves, hopes, dreams, fears, and actually reveal *us*, broadcasting to others – who we are [1] – **Genesis 33:4** “meeting him, embraced him, and wept”

1. J. Alasdair Groves and Winston T. Smith, [*Untangling Emotions*](#) (Wheaton, IL: Crossway, 2019), p. 35.