

## Understanding Feelings

### Feelings

- Feelings should not be seen as a compass (my guide) but as a thermometer (where I'm at, in reference to where I should be)
- Undesirable feelings can cause triggers, PTSD, anger, depression, anxiety...
- Desirable feelings can cause distorted expectation, bad decisions, life changing choices...
- We are not realizing we are trying to make God adjust to us, **INSTEAD** of us realizing we must adjust to God.

**With no exceptions our overall life purpose must be through true Faith -2 Cor 5:7 We live by faith, **NOT** by sight.**

**\*Feelings are wrong when they go against Faith – i.e., a Christian goes with their feelings to marry an unbeliever and ignores what God says about being unequally yoked (2 Co 6:14-16)**

**God shows that Christians have the ability to stop the effects of feelings - 1 Cor 7:30 those who mourn, **as if they did not**; those who are happy, **as if they were not****

**Feelings are a product of the flesh which battles with our soul. The only way to win that battle is with Jesus - Rom 7:21-25 - 21 So I find it to be a law that when I want to do right, evil lies close at hand. 22 For I delight in the law of God, in my inner being, 23 but I see in my members another law waging war against the law of my mind and making me captive to the law of sin that dwells in my members. 24 **Wretched man that I am! WHO WILL DELIVER ME FROM THIS BODY OF DEATH?** 25 Thanks be to God **through Jesus Christ our Lord!** So then, **I myself serve the law of God with my mind**, but with my flesh I serve the law of sin. ESV**

**We have to avoid living for fleshly desires, which are the product of feelings, because it will disrupt our walk - 1 Peter 2:11 Beloved, I urge you as aliens and strangers to abstain from fleshly lusts WHICH WAGE WAR AGAINST THE SOUL. NASU**

**Feelings control fools, so we must be wise -Prov 29:11 A fool vents all his feelings, But a wise man holds them back. NKJV**

**We tend to get misled due to our enthusiasm when our enthusiasm is for the wrong thing- Gal 4:18 It is fine to be zealous, **PROVIDED THE PURPOSE IS GOOD**, and to be so always and not just when I am with you.**

**There are REQUIRED characteristics and actions Christians must display despite feelings. for example - Rom 12:9-13 - 9 Love must be sincere. Hate what is evil; cling to what is good. 10 Be devoted to one another in brotherly love. Honor one another above yourselves. 11 Never be lacking in zeal\*, but keep your spiritual fervor, serving the Lord. 12 **BE joyful in hope**, patient in affliction, faithful in prayer. 13 Share with God's people who are in need. Practice hospitality.**

**We must realize our feelings are as unreliable and misleading as everything else on earth. Only God is dependable- 1 Cor 4:3-4 - 3 I care very little if I am judged by you or by any human court; indeed, **I do not even judge myself**. 4 **MY CONSCIENCE IS CLEAR, BUT THAT DOES NOT MAKE ME INNOCENT. IT IS THE LORD WHO JUDGES ME.****

**\*A major danger when we are controlled by feelings are arguments (James 4:1) Sin & death (James 1:13-15)**

**We must NOT deal with feelings the way the world does -Rom 12:2 Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is — his good, pleasing and perfect will.**

**What is the correct place for feelings in a Christian's life?**

**When it comes to Disputable Matters, which are topics within the boundaries of Faith, it allows each individual to have their own point of view within that boundary. We are to respect others feelings in that boundary - Rom 14:1-3 - Accept him whose faith is weak, without passing judgment on **DISPUTABLE MATTERS**. 2 One man's faith ALLOWS HIM to eat everything, but another man, whose FAITH IS WEAK, eats only vegetables. 3 The man who eats everything must not look down on him who does not, and the man who does not eat everything must not condemn the man who does, for God has accepted him.**

**If our feelings fall outside of faith and we react based on them, we sin - Rom 14:23 But the man who has doubts is condemned if he eats, because his eating is not from faith; and **EVERYTHING THAT DOES NOT COME FROM FAITH IS SIN**.**

**Our feelings are usually based on “what we want” and/or “how we see it” and these are NEVER to be the bases of our actions - Phil 2:3-4 - 3 **DO NOTHING** out of selfish ambition or vain conceit, but in humility consider others better than yourselves. 4 Each of you should look not only to your own interests, but also to the interests of others.**

**Like Jesus, we must pray about it instead of stewing in our feelings - Mark 14:32-34 - 32 They went to a place called Gethsemane, and Jesus said to his disciples, "**SIT HERE WHILE I PRAY**." 33 He took Peter, James and John along with him, and **he began to be deeply distressed and troubled**. 34 "**My soul is overwhelmed with sorrow to the point of death**," he said to them. "Stay here and keep watch."**

**We must live God purposed, while being in control of self - 1 Cor 9:26-27 - 26 Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. 27 No, I **BEAT MY BODY AND MAKE IT MY SLAVE** so that after I have preached to others, I myself will not be disqualified for the prize.**

**We must Spiritually deal with how things affect our thoughts and how we are affected by our thoughts - 2 Cor 10:5-6 - 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. 6 And we will be ready to punish every act of disobedience, once your obedience is complete.**

The battle we go through with feelings and Faith is a necessary spiritual conditioning process -1 Peter 4:1-2 - Therefore, since CHRIST SUFFERED IN HIS BODY, arm yourselves also with the same attitude, because HE WHO HAS SUFFERED IN HIS BODY IS DONE WITH SIN. 2 As a result, he does not live the rest of his earthly life for evil human desires, but rather for the will of God.

The key is to Trust God - John 14:1 - "DO NOT LET your hearts be troubled. Trust in God; trust also in me."

For the Spiritual who deal with those who are emotional, remember to be gentle and recognize they are seeing things emotionally and may not be able to receive the Spiritual things you need to tell them. Be watchful that you are not emotionally swayed. (1 Cor 3:1-4) (Gal 6:1)

\*In a nutshell no matter how we feel, we must do what God says. Feelings show where we are in reference to where we should be.