

## *Emotions*

**Creation** = Image bearers in our emotions

**Fall** = distorted emotions/control with emotions

**Redemption** = Bring emotions under the obedience of the Holy Spirit and do not let them rule your heart

Our strongest feelings surround:

- 1) What we fear
- 2) What we desire (want)
- 3) What we treasure (cherish, prize, adore, value, hold dear)
- 4) What we despise

Emotions can be helpful indicators of what is going on in our hearts and move us to dependency on God. How do we handle our feelings? Emotions are reflective of our inner world - *“Out of the overflow of the heart, the mouth speaks.”* (Luke 6:45)

1. Start with, **“How does God want me to feel?”**

**Starting here turns our focus to God instead of inwardly to ourselves**

2 Corinthians 10:5 – “Take each thought captive to the obedience of Christ”- verse is in the context of spiritual warfare

**Romans 12:2** then comes alive here! *“...but be ye transformed by the renewing of your mind...”* (KJV)

**Transformed** (GR 3339) = refers to an invisible process in Christians which takes place or begins to take place already during their life in this age.

**Renewing** (GR 342) = qualitatively new- Therefore, a renewing or a renovation which makes a person different than in the past.

**Mind** (GR, *nous*, 3563) = the organ of mental perception and apprehension; the organ of conscious life; the organ of the consciousness preceding actions or recognizing and judging them...

\*Whole-Brain Thinking – Upstairs/downstairs brain (vertical integration) – amygdala as baby gate

So the answer to the question, “How do we handle our feelings,” is **Think** before you act

2. **Think on Truth**

Find truth and meditate on it –Consider **Phil 4:8-9**

TAKE INVENTORY/examine yourself - Paul wrote in **1 Corinthians 11:31–32** that we are to judge ourselves appropriately and allow the Lord to discipline and sanctify us. We should have the psalmist's attitude when he prayed, "Forgive my hidden faults" (**Psalm 19:12**).

\*Practical – *Name it to Tame it*

3. **Pray** – This is the KEY to handling our emotions

Do we see how our emotions are that which moves us toward God in dependence?

\**The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind* by Daniel J. Siegel, and Tina Payne Bryson (New York, NY: Delacorte Press, 2011)

**For more study:**

God's emotions are revealed in the Scriptures (list not exhaustive). As God's image bearers, we experience the same range of emotions.

Anger – [Psalm 7:11](#); [Deuteronomy 9:22](#); [Romans 1:18](#)

• Laughter – [Psalm 37:13](#); [Psalm 2:4](#); [Proverbs 1:26](#)

• Compassion – [Psalm 135:14](#); [Judges 2:18](#); [Deuteronomy 32:36](#)

• Grief – [Genesis 6:6](#); [Psalm 78:40](#)

• Love – [1 John 4:8](#); [John 3:16](#); [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](#)

## **The Human Constitution**

When we look at the totality of our being, we discover that God created us as a complex unity that includes physical, psychological, spiritual, mental and emotional faculties. This is reflected in the terms the Bible uses to refer to humans in their totality; Body, Flesh, Soul, Spirit, Heart, Mind, Conscience. (H) = Hebrew (Gr) = Greek

- **Body** – basar (H), soma (Gr) = the physical form
- **Flesh** – *sarx* (Gr) = capacity for weakness, sin, rebellion
- **Soul** – *nephresh* (H), *psyche* (Gr) = seat of life or being; the person
- **Spirit** – *ruach* (H), *pneuma* (Gr) = capacity for relationship with God
- **Heart** – *leb* (H), *kardia* (Gr) = whole person at deepest level of existence-
- **Mind** – *bina* (H), *nous* (Gr) = faculty of understanding, discernment, judgement
- **Conscience** – *suneidesis* (Gr) = moral guide (fallible)

166 times heart is used for emotional states