

## *The Relationship Between Faith and Emotion*

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**Introduction:** God has made man in a special way.

- A. Our ability to experience emotion is a gift of God.
  - 1. There is a proper time and place for the fully array of emotions we can experience. (**Ecc 3:4, 8**)
  - 2. One has said that it is "our emotions that put us in motion."
  - 3. Emotions in their proper role are a blessing to our lives.
- B. Emotion and reason often are in conflict.
  - 1. Have you ever been frustrated as to "why I feel this way?"
  - 2. We are prone to have strong feelings apart from facts and reality. (Ex.)
  - 3. Our emotions may be triggered by faulty reason or manipulated evidence. (**Gen 37:31-35**)
  - 4. It is possible to by-pass reason and appeal directly to our emotional side!
    - a. Consider the actions in a pep-rally or in some Pentecostal churches.
    - b. Some teachers appeal to others by their zeal. (**Gal 3:1; 4:17-20**)
  - 5. Emotion and reason can often be in harmony. (**Acts 2:36-37**)
  - 6. We must never be satisfied with the emotion without examining if it is true to a Biblical faith. (**2 Cor 13:5**)

### ***I. We must fight to walk by faith***

- A. When we allow our emotions to dominate we become a rudderless ship.
  - 1. We must choose faith. (**Rom 8:5-6**)
  - 2. This is not easy. Some because of their past are scarred emotionally.
  - 3. It is important to know our own weaknesses and to have proper associates.
    - a. Some people do not need to be put in some situations. (**Gal 6:1**)
    - b. Some have chosen to be with others that strengthens their weaknesses rather than help them overcome them.
- B. Our faith will teach us how to think.
  - 1. How does a man of faith view suffering and disappointment? (**Rom 8:35-39**)
  - 2. Many People are locked into a pattern of life that makes them miserable!
    - a. Isolation from others.
    - b. Major problems in friendships and marriage.
    - c. Regular depression.
    - d. Living in the past.
    - e. Fear of improvement.
  - 3. Most people keep doing the same things over and over again. (Ex. Windmill)
  - 4. God wishes to teach us how to think. Close examination and repetition of scripture is a must. (**Rom 12:1-2**)

### ***II. Faith teaches us to accept the things we cannot change***

- A. Faith in God teaches us that there are numerous things that are beyond our control and must be given to God!
  - 1. "God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference."

2. Faith in God allows us to realistically look at our problems without self deception.
- B. Many are very stubborn and spend energy on that which they can do nothing about!
  1. 95% of our worries are spent in these areas.
  2. What does faith in God teach us about these things? **(1 Cor 3:5-7)**
  3. Rather than worry, the child of God can take the problems he cannot handle and give them to God. God is greater than our problems! **(Mt 11:28-30)**
- C. Consider some things we cannot change.
  1. The Weather.
  2. The Clock.
  3. The Past.
  4. Another person against their will.
  5. What is right.
  6. What is wrong.
  7. Death.
  8. Consider the example of an older couple who learned some valuable lessons early in their lives.
- D. Consider the wastefulness of worry. **(Mt 6:25-27)**
  1. Consider what occurs when you directly connect the two poles of a car battery...heat, sparks and finally a dead battery. This is what worry can do.
  2. Worry wastes energy, and both compounds and prolongs the hurt.
  3. When you understand these principles, the struggle stops.

### ***III. Faith teaches us to let go of the past***

- A. How should I view my hurts? **(Phil 3:13-14)**
  1. All things must be seen in the light of God's promises.
  2. Paul learned what God wanted him to from his hurts. **(2 Cor 11:23-28; Rom 8:18)**
  3. When you live in the past you are likely to live in fear. (Ex. disappointments from brethren.)
- B. Learn how to build from your disappointments.
  1. Let your hurts slow you down and cause you to turn to God. **(Jas 1:2-5)**
    - a. Sometimes it is the hurts of life that cause us to look again at what really is valuable.
    - b. One person said: "I am more fun to live with and I have more fun living."
  2. Three things which faith teaches us.
    - a. Listen to God. **(Ps 37:5-9)**
    - b. Commit your ways to God, He knows already! **(Heb 4:13)**
    - c. Trust in the God who holds the future. **(Rom 8:28)**

**Conclusion:** "I do not know what the future may hold, but I know **who holds the future.**"

- A. Are you walking by faith or by feelings?
- B. God will take you where you are and help you heal that wounded spirit.