

Building a Biblical Faith
Lesson 5 - Choose to Let Faith Control Your Emotions
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Introduction: Emotions play a powerful role in our lives.

- A. God created us with the ability to experience emotions.
 - 1. There is a proper time and place for the fully array of emotions God has given us. **(Ecc 3:4, 8)**
 - 2. One has said that it is "our emotions that put us in motion."
- B. Emotions in their proper role are a blessing to our lives.

I. Emotions do not determine reality

- A. We are to see things as God sees them. **(Heb 4:12-13)**
 - 1. I must be willing to trust God and listen! **(Mt 13:15)**
 - 2. Our emotions can be used as a "short cut." It will not give you the will of God!
- B. Emotions often are a by-product of something believed. **(Acts 2:36-37; Gen 37)**
 - 1. It is possible to by-pass reason and appeal directly to our emotional side!
Consider the actions in a pep-rally or in some Pentecostal churches.
 - 2. The false teacher appeals to our emotion side *apart from the truth* so he can lead us anywhere he wishes! **(Col 2:18-19, 2 Pt 2:18-19; Jude 1:16.)**
- C. By faith I need to only take the responsibilities God has given me. **(Matt 11:28-30)**
 - 1. Without God we often take on things that we cannot change!
 - 2. Paul knew his place in the teaching of God's word. **(1 Cor 3:5-7)**
 - 3. "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."

II. We must chose faith over fear

- A. Fear can paralyze. **(Dan 5:5-7, 9; Mt 28:2-4)**
 - 1. Great Roman soldiers are now trembling and playing dead.
 - 2. I vividly remember my first IRS audit notice!
- B. It can cause one to act without thinking. **(Gal 2:11-13)**
 - 1. How many have used men's fears to their selfish ends?
 - 2. Good people can easily be caught up in this shared emotion.
- C. It can change reality. **(1 Sam 22:8)**
 - 1. Our feelings can easily take over our reason! Have you ever entered a room and a group of people laughed? (Some will scrutinize others.)
 - 2. You can easily create an image of another person or even an entire church!
- D. It can be easily shared. **(Num 13:30-14:9)**
 - 1. They saw the signs all these years but never came to trust God!
 - 2. How many have died because of shared panic of a crowd?
- E. Fearful people do not want to see the truth.
 - 1. It is not uncommon for fearful people to be surrounded by "yes" men.
 - 2. When we are convinced that we cannot face a certain consequence then in our minds we will not! I have seen this in home studies. **(Lk 10:29)**
 - 3. Fearful people do not want open communication!
 - 4. The Lord will test our faith by our fears. Surround yourself with men of faith!

III. We must slam the door on self-pity.

1. Have you ever felt this way? Have you ever reasoned like this: "People are talking about me. Nobody understands my feelings! There is no one on earth who has suffered as me. Nobody cares. I do not deserve this."
2. "Nobody loves me, everybody hates me. I'm going out and eat worms."
3. Great men of faith temporarily gave in to self pity. (**1 Kings 18:38-19:10; Psa 142:4; Jonah 3:10-4:3, 8**)
 1. Self-pity can gain control of our thoughts during stressful times.
 2. Many experience adversity and then walk in self-pity as a way of life!
4. Consider the fruits of Self Pity
 - a. Self pity leads to depression.
 - b. Self Pity mars relationships with others.
 - c. Self Pity is the one attention "getter" that will eventually get you no attention!
 - d. Self Pity stops progress, brings life to a standstill
5. Use your faith to stop self-pity.
 - a. Spot it quickly and overcome it by your faith in God. (**Rom 12:1-2**)
 - b. 3 "L's" of pity: What I have Lost. What I Lack. How I am Limited.
 - c. "I complained because I had no shoes until I met someone who had no feet." Through God's word take inventory. (**Phil 3:13-14; Rom 8:18, 31**)

III. Learn to purge the heart of uncontrolled anger

- A. Anger has a God-given place.
 1. Jesus (**Mark 3:5**)
 2. God and Jesus (**Heb 1:9**)
 3. You and I (**Eph 4:26-27**)
- B. Unchecked anger can cause us to lose our soul.
 1. Many brethren treat this as a "small" fault. a "fleabite." (**1 John 3:15**)
 2. These things will cause one to be lost. (**Gal 5:19-21**)
- C. It takes a strong faith to keep anger in its God given place.
 1. Who is a strong man? (**Prov 16:32**)
 2. The fall of Moses (**Psa 106:32-33**)
- D. Consider the terrible fruits of uncontrolled anger and bitterness
 1. We act and speak foolishly. Reason in forsaken! (**Prov 14:29, 17**)
 2. The effects of uncontrolled anger on the family are great. (**Eph 6:4**)
 3. The anger of one person can in time affect the entire church. (**Heb 12:15**)
 4. Uncontrolled anger will in time destroy my life. .
 - a. I constantly live with the one I hate.
 - b. My "evangelism" is reduced to talking about my hurts.
 - c. I loose courage. (**Heb 11:35**)
 - d. Satan in fact does his work through me. (**James 1:20; 4:7**)
- E. Let faith control your anger.
 1. Be like Jesus. (**1 Pet 2:21-23; 4:19**)
 2. Seek to be honest at all costs and admit any anger in your life.
 3. Seek to forgive all those who repent. (**Eph 4:30-32; Mt 6:12**)
 4. Release all desire for personal vengeance to God. (**Rom 12:19-21**)
 5. Learn how to stop the escalation of anger. (**Prov 15:1; James 1:19-20**)

Conclusion: Let us walk by faith and receive the God's abundant life! (**Jn 10:10**)