

## THE SPIRIT AND OUR EMOTIONS

### Genesis 1:1-2; 26-27

**Introduction:** An old saying entitled "Fact, Faith, Feelings" goes like this:

- The last two followed the first.
- Feelings got into trouble and that bothered Faith.
- Faith took its eyes off of Fact to help Feelings and got into difficulties itself UNTIL -
- Faith remembered it was to follow Fact and not to worry about Feelings - FOR -
- Sooner or later Feelings would catch up - MAYBE

The conclusion to this old saying:

- The TRUTH - our Faith is based on Facts, not on Feelings.
  - the mistake is that Feelings don't always catch up.

So, where did the idea ever come from that Feelings have no place in worship or in the Christian's life?

- Christians are not made of steel! Emotions are not signs of immaturity, weakness or worldliness.

### I. GOD MADE US IN HIS IMAGE

#### 1. *Genesis 1:1-2; 26-27*

- We are made in the image and likeness of God - how so?
  - God has a mind, intellect, knowledge, so do we.
  - God has a will, volition, choices, so do we.
  - God has a heart, emotions, feels things, so do we.

### II. THE IMPORTANCE OF OUR FEELINGS

1. Salvation is directed to the mind AND heart.
  - *1 Corinthians 2:9; 4:6; Romans 10:1, 9-10*
2. Joy and cheer are of our feelings. (*2 Corinthians 9:6-7*)
3. Love is of our feelings. (*2 Timothy 1:7; 1 John 4:19*)
4. Fear is part of our feelings. (*Proverbs 1:7*)
5. Praise, bursts of admiration are part of our feelings. (*Psalms*)
6. *Romans 12:9-18*
7. There are "unusual" feelings.
  - *Acts 17:16-17* - being provoked and being burdened.
  - *Acts 19:11-20*
  - Emotions can soften hardened hearts and awaken deadened feelings.

### III. SOME WARNINGS ABOUT FEELINGS

1. "Intellectualism," knowledge, can cause a loss of faith.
2. "Emotionalism," times of experiencing the sensational can cause a loss of faith.
3. "Fanaticism," excessive, intense devotion to things, people or a single minded concern can cause a loss of faith.
4. When the Holy Spirit is not in control, there is a tendency to go to other avenues of life/solutions.

### CONCLUSION:

1. It has been said:
  - "Never trust your feelings..." Wrong!
    - There is a seasoned wisdom that gives discernment to enable us to trust our feelings or intentions.
  - "Experience proves nothing..." Wrong!
    - Experience proves invaluable in listening for the Holy Spirit's voice.
  - "Experience is the best teacher..." Wrong!
    - Guided experience is good, it is reliable, but just any kind of experience is NOT the best teacher.
  - "Let your conscience be your guide..." Wrong!
    - What is the condition of one's conscience in the first place?
    - Dull, hardened, calloused, insensitive conscience is hardly a good guide.
2. God has given us a mind - let us learn of God.
  - God has given us a will - let us listen to and obey Him.
  - God has given us emotions - let us open up and allow the Holy Spirit to lead us in beautiful ways of open expression of what is on the inside.