

# Emotions

- We were created in eternity. God knew us before we were formed in our mothers womb, before we were born into this realm as a physical being. We existed before we had a physical body. We were first created as a spirit out of the heart of God. We are made in Gods image and God is spirit.
- God wrote a book about us and what our destiny should be which is contained in our spirit.

# Emotions

- The natural way of thinking is that we have a physical body with a soul. However you are a spirit that has a soul (mind, will and emotions) that lives in a body. The real you is the spiritual person.
- When we become Christians this is where our thinking needs to change. Up to this point everything about us is fed from the world and we live from the outside in. We are totally led by our soul needs.

# Emotions

- At salvation our spirit becomes reconnected to God and we have a relationship with Him that transforms us from the inside out, We are connected to heaven and all its resources and this now forms the basis of our new life. We need to learn to grow our spirit so we are spirit led and become more like Jesus and learn to live a supernatural lifestyle. This means basically unlearning everything and starting again God's way!

# Emotions

- What was God's intent for man?
- Look at Adam.
- Significant – he had a purpose to rule and subdue the earth.
- Safe and secure – God provided for all his needs.
- Belonging – he had an intimate relationship with God.

# Emotions

- Created with needs:
- Acceptance
- Affirmation
- Love
- Belonging
- Purpose
- Security

# Emotions

- Gods heart and intention is for all these needs to be met in an intimate relationship with him.
- Unfortunately due to sin we are now all born separated from him.
- Our family are the demonstration and expression that we learn and draw from.
- Our belief and value systems for life are formed here.

**Seed**

**Fruit**

**Soil of  
Insecurity**

**Roots**

Resulting from lack of:  
Acceptance,  
Affirmation,  
Appreciation  
Encouragement and  
Love

# Emotions

- Soil heart insecure lack of love, acceptance, affirmation, approval, encouragement
- Seeds offenses things said or done or not said or done, sin
- Roots Things you think or feel responses, emotions, attitudes
- Fruit Things you say or do behaviour



# Emotions

- There are two basic emotions that we all experience, love and fear. Most other emotions are variations of these. Our soil type on the inside of us will determine which kind of seeds will take root. Thoughts, feelings and behaviour come from either a place of love, or fear/ rejection.
- Anxiety, anger, control, sadness, depression, inadequacy, confusion, hurt, loneliness, guilt, shame, mistrust, rejection are all fear-based emotions.
- Happiness, peace, trust, hope, compassion, acceptance, contentment, satisfaction, are love-based emotions.

# Mind

- NATURE OF THE BATTLE

- LIES V TRUTH

# Emotions

- Isaiah 61 The Spirit of the Lord, the Eternal, is on me.  
*The Lord has appointed me for a special purpose.*  
He has anointed me to bring good news to the poor.  
He has sent me to repair broken hearts,  
And to declare to those who are held captive and  
bound in prison,  
“Be free from your imprisonment!”  
<sup>2</sup> *He has sent me to announce the year of jubilee, the  
season of the Eternal’s favor:*  
*for our enemies it will be a day of God’s wrath;*  
For those who mourn it will be *a time of comfort.*  
<sup>3</sup> As for those who grieve over Zion,

# Emotions

- *God has sent me to give them a beautiful crown in exchange for ashes,  
To anoint them with gladness instead of sorrow,  
to wrap them in *victory, joy, and* praise instead of depression and sadness.  
People will call them *magnificent, like great towering trees*  
standing for what is right.  
They stand to the glory of the Eternal who planted them.*

# Emotions

- Any form of abuse – sexual, physical, emotional or mental stunts emotional development.
- We develop coping mechanisms to deal with the way we feel when certain things happen.
- Story of 3 sons with alcoholic father: 18, 13 and 9
- Sound of key in the lock caused different reactions
  - 18 year old – ready to attack, stand up to
  - 13 year old – appease
  - 9 year old – hide in fear
- The trauma caused learned patterns of behaviour to cope with emotional responses which they carried into adult life.

# Emotions

- **1 John 4:18** Love will never invoke fear. Perfect love expels fear, particularly the fear of punishment. The one who fears *punishment* has not been completed through love.
- **1 John 4:18** There is no fear in love [dread does not exist]. But perfect (complete, full-grown) love drives out fear, because fear involves [the expectation of divine] punishment, so the one who is afraid [of God's judgment] is not perfected in love [has not grown into a sufficient understanding of God's love].

# Emotions

- Emotions are to our soul what physical pain is to our body.
- **A WARNING SYSTEM.**
- They let you know what is going on inside.

# Emotions

- Ways we can deal with emotions -
- SUPPRESSION or conscious denial of feelings.
- Push feelings down, stifle them, cover them over, deny them, ignore them, choose not to deal with them.
- How are you feeling?
- FINE
- Frantic, Insecure, Neurotic, Emotional



# Emotions

- Not good because emotions are not dealt with they are just squashed down inside.
- There can be a bubbling cesspit just under the surface.
- Anger, bitterness even hatred festers just waiting to explode.
- A minor incident can trigger an outburst which doesn't match up.

# Emotions

- REPRESSION (Unconscious denial)
- Very controlled. This can occur if a family background doesn't encourage emotional expression.
- It can be very difficult to know how you feel and over time you can become emotionally switched off.
- Wont display negative emotions.
- But wont display positive ones either.
- Wont know how you feel.
- Can appear to be very placid, stable, on an even keel but actually have no emotional function.
- Can appear nothing bothers you but emotions are just locked inside.

# Emotions

- INDISCRIMINATE EXPLOSION
- I don't have an problem expressing how I feel.
- I can do it any time, any place, over anybody.
- There I feel better .....
- But I have destroyed those around me in the process.
- Often I will have a root of anger on the inside and my emotions are out of control.

# Emotions

- ACKNOWLEDGE
- Be real. How you feel is how you feel.
- In order to deal with your feelings you need to accept that you feel a certain way
- Learn how to pour out your heart to God.
- Sometimes we think we need to pray nice prayers.
- NEWS – God knows exactly how you feel.
- He loves it when we are real and honest with him.
- If we need to do some repenting for reacting badly, God is quite capable of showing us. The most important thing is to be real.

# Emotions

- He wants an intimate relationship with us and this can only happen in reality.
- If our feelings are negative there is a root cause. Where there is a fruit there is a root.
- Fruit is the outward manifestation of something going on inside. It outworks in our attitudes and behaviour.
- As we are getting used to the process it is sometimes helpful to work this through with someone you trust.
- Often identifying the root cause will result in needing prayer for healing and freedom, usually forgive and release.

# Emotions

- Psalm 42
- My soul *is dry and* thirsts for You, True God,  
as a deer thirsts for water.  
2 I long for the True God who lives.  
When can I stand before Him *and feel His comfort?*  
3 *Right now I'm overwhelmed by my sorrow and pain;*  
I can't stop feasting on my tears.  
People crowd around me and say,  
“Where is your True God *whom you claim will save?*”
- 4 With a broken heart,  
I remember times before  
When I was with Your people. *Those were better days.*  
I used to lead them *happily* into the True God's house,  
Singing with joy, shouting thanksgivings with *abandon,*  
*joining* the congregation in the celebration.  
5 Why am I so overwrought?

# Emotions

- Why can't I just hope in God?  
*Despite all my emotions, I will believe and praise the One who saves me and is my life.*
- 6 My God, my soul is so traumatized;  
the only help is remembering You *wherever I may be*;  
From the land of the Jordan to Hermon's high place  
to Mount Mizar.
- 7 In the roar of Your waterfalls,  
*ancient depths surge*, calling out to the deep.  
All Your waves break over me;  
*am I drowning?*
- 8 Yet in the light of day, the Eternal shows me His love.  
When night settles in *and all is dark*, He keeps me  
company—  
His *soothing* song, a prayerful melody to the True God  
of my life.

# Emotions

- Do I rule my emotions or do they rule me?
- People who are ruled by their emotions are often out of control.
- They live by how they feel.
- Its important to realise feelings can lie.
- How you feel may be true but it may not be the truth.
- As Christians we need to be able to bring our emotions in line with what God says if we are to live in the victory.
- Emotions are a product of our thought life.



# Emotions

- If my thinking is out of control so will my emotions be.
- First step is ruling in my mind.
- If I am ruling my mind I can bring my emotions in line but not the other way round.
- If my thinking is negative I will feel negative.
- Oh no its Deb speaking today – boring, boring, boring – feel fed up.
- Or – Deb is speaking today, I wonder what God wants to say to me – feel excited.
- Attitude is really important.
- Attitude determines the altitude. (Cheesy but true)

# Emotions

- We are not shaped as much by what is happening around us as we are by how we view what is happening.
- Life's events don't control who we are – God determines who we are and our view of life's events determines how well we handle the pressures of life.
- In reality we have little control over our feelings but we do have control over our thoughts and our thoughts determine our feelings and how we act.

# Emotions

- Lamentations 3 7 Cut off from every avenue of escape, God has fenced me in and tied me up with heavy chains.  
8 Crying and carrying on do me no good;  
God shuts out my prayer.
- 9 *Closed in and* blocked by walls of cut stone,  
what paths I have *left*, He has twisted and confused *my steps*.
- 10 *Dangerous* as a stalking lion or a lurking bear,  
God lies in wait for me.
- 11 Dragging me off the path and tearing me up,  
He has left me desolate.
- 12 Drawing back His bow, God aims  
straight at me with His own arrow.

# Emotions

- <sup>13</sup> *Ever true* arrows, ready in His quiver,  
now sink into my gut.
- <sup>14</sup> Echoing taunts ring 'round me from *the mouths of* my own  
people, laughing and joking about me all day long.
- <sup>15</sup> *Enough!* He has filled me with bitterness,  
saturated me with gall.
- <sup>16</sup> For He crushes my teeth *with a mouth filled* with gravel;  
*He humiliates me*, trampling me in ashes.
- <sup>17</sup> *Fragmented*, my self knows no peace.  
I cannot remember what it's like to be happy.
- <sup>18</sup> “Failed,” I say to *myself*. “My hope fails  
*in the face of* what the Eternal One *has done*.”
- <sup>19</sup> *Grievous* thoughts of affliction and wandering plagued my  
mind—  
*great* bitterness and gall.

# Emotions

- <sup>20</sup> *Grieving*, my soul thinks back;  
*these thoughts cripple*, and I sink down.
- <sup>21</sup> Gaining hope,  
I remember *and wait* for this thought:
- <sup>22</sup> How enduring is God's loyal love;  
the Eternal has inexhaustible compassion.
- <sup>23</sup> Here they are, every morning, new!  
Your faithfulness, *God*, is *as broad as the day*.
- <sup>24</sup> *Have courage*, for the Eternal is all that I will need.  
My soul boasts, "Hope in God; just wait."
- <sup>25</sup> *It is good*. The Eternal One is good to those who expect Him,  
to those who seek Him *wholeheartedly*.
- <sup>26</sup> It is good to wait quietly  
for the Eternal to make things right *again*.

# Emotions

- That's why we need the truth on the inside of us so we can see from Gods perspective and act accordingly.
- If what we believe isn't based on Gods word then what we feel wont reflect reality.
- Your belief system determines your thoughts.
- Your thoughts determine your actions.
- The way you think determines the way you feel, and the way you feel determines the way you act.
- You cannot have a positive life and a negative mind.

# Emotions

- We develop coping mechanisms to protect ourselves.
- They can come from inner vows we make – I will never trust anyone again, no one will ever hurt me like that again, I will never .....
- They become so ingrained in us and part of us that we don't see that they have become a prison.
- The walls around our heart become strong and impenetrable and our mind just filters any threat out.
- Familiar spirits whisper in our ears confirming what we already believe – that we are useless, worthless ... and the cycle continues.

# Emotions

- Some emotions Jesus felt
- Love - Mark 10:21
- Joy - Luke 10:21
- Grief - John 11 33-36
- Compassion - Matt. 20:34
- Anger - Mark 3:5
- Gratitude - Mark 8:6
- Wonder - Luke 7:9
- Desire - Luke 22:15
- Peace
- Loneliness – Matt 24:26



- Psalm 23 The LORD is my shepherd,  
I shall not want.  
2 He makes me lie down in green pastures;  
He leads me beside quiet waters.  
3 He restores my soul;  
He guides me in the paths of righteousness  
For His name's sake.
- 4 Even though I walk through the valley of the shadow of  
death,  
I fear no evil, for You are with me;  
Your rod and Your staff, they comfort me.  
5 You prepare a table before me in the presence of my enemies;  
You have anointed my head with oil;  
My cup overflows.  
6 Surely goodness and loving kindness will follow me all the  
days of my life,  
And I will dwell in the house of the LORD forever.