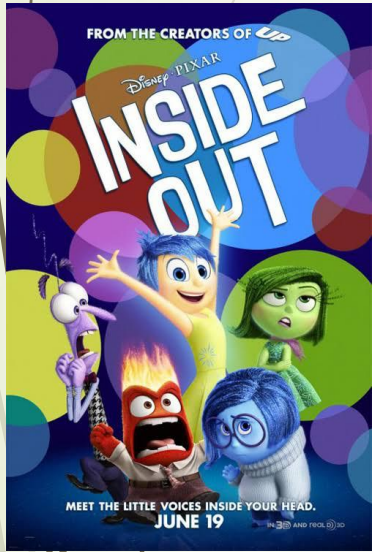





WORSHIPPING GOD THROUGH EMOTIONS




Emotions: Barriers or Avenues to Spiritual Growth

- **Goal:** God created us with **emotions**, will and intellect so we can worship and love Him with our heart, soul and mind (Mt 22:37).
- Emotions are **indicators** (like a thermostat) to tell us how we need to relate and trust God. When we are submerged with worry, depression or fear, these emotions “**periscope up**” to see God and connect to Him and His attributes.





Connecting with our emotions will enable us to **connect** with God.

- “The inability to connect **emotions** to the **truth** is one of the most tragic circumstances facing the church today.”
 - (Dr. David Eckman, *Becoming Who God Intended: A New Picture for Your Past, A Healthy Way of Managing Your Emotions, A Fresh Perspective on Relationships, Becoming What God Intended Ministries*. Kindle Edition. P. 17)
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I. The Notion Of Emotions

A. God Is An Emotional God




1. Loving

□ **Ephesians 2:4-5** “But God, who is rich in mercy, because of His great love with which He loved us, even when we were dead in trespasses, made us alive together with Christ (by grace you have been saved)”



1. Loving

□1 John 4:9-10 “In this the love of God was manifested toward us, that God has sent His only begotten Son into the world, that we might live through Him. In this is love, not that we loved God, but that He loved us and sent His Son to be the propitiation for our sins.”





2. Wrathful

□ **Psalm 7:11** “God is a just judge, and God is angry with the wicked every day.”




3. Jealous

- **Deuteronomy 6:15** “For the Lord your God is a jealous God among you”
- **Nahum 1:2** “God is jealous, and the Lord avenges; The Lord avenges and is furious. The Lord will take vengeance on His adversaries, and He reserves wrath for His enemies”



4. Joy

□ Zephaniah 3:17 “The Lord your God in your midst, the Mighty One, will save; He will rejoice over you with gladness, He will quiet you with His love, He will rejoice over you with singing.”






B. God Created Man In His Image With Mind, Will & Emotions

- **Genesis 1:26** “Then God said, “Let Us make man in Our image, according to Our likeness; let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, over all the earth and over every creeping thing that creeps on the earth.”



B. God Created Man In His Image With Mind, Will & Emotions

**☐ Psalm 139:14** “I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works, and that my soul knows very well.



**C. Christ Models How
We Can Rightly
Express Emotions**



1. Jesus Was Weeping

- **Isaiah 53:3** “A Man of sorrows and acquainted with grief.”
- **John 11:35-36** “Jesus wept. Then the Jews said, ‘See how He loved him!’”



1. Jesus Was Weeping

- **Luke 19:41** “Now as He drew near, He saw the city and wept over it”
- **Hebrews 5:7** “He had offered up prayers and supplications, with vehement cries and tears to Him who was able to save Him from death, and was heard because of His godly fear”

2. Jesus Was Outraged

- **John 2:13-17** When He had made a whip of cords, He drove them all out of the temple, with the sheep and the oxen, and poured out the changers' money and overturned the tables. And He said to those who sold doves, "Take these things away! Do not make My Father's house a house of merchandise!" Then His disciples remembered that it was written, "Zeal for Your house has eaten Me up."



D. The Holy Spirit Transforms Our Emotions From Self-Centeredness To Christlikeness

- **Galatians 5:22-23** “But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control.”

II. The Motion Of Emotions

- An “Emotion” is a reaction that moves one to action
- e (energy) + motion = emotion

(Dr. Jim Cecy)



A. Emotions Are Morally Neutral

- **Ephesians 4:26** “Be angry, and do not sin”
 - **Matthew 26:38** “Then He said to them, ‘My soul is exceedingly sorrowful, even to death. Stay here and watch with Me.’”
1. The **Reason** For Our Emotion Is A Moral Determiner
 2. The **Response** For Our Emotion Is A Moral Determiner




Emotions (feeling, mood)



Desires/Expectations
(righteous/unrighteous, godly/ungodly)



Action
(works of righteousness or works of flesh)



B. Emotions Are Motion Activators

- **John 14:15, 23-24** “15“If you **love** Me, **keep** My commandments....
23 Jesus answered and said to him, “If anyone **loves** Me, he will **keep** My word; and My Father will **love** him, and We will **come** to him and make Our home with him. 24 He who does **not love** Me does **not keep** My words ...



Anger moves us to motion


- Move to change situations to justice (moral)
- Move us to foul language, rioting, division (immoral)
- **James 1:20** “For the wrath of man does not produce the righteousness of God.”



Fear moves to action

□ **Proverbs 1:7** “The fear of the Lord is the beginning of knowledge, But fools despise wisdom and instruction.”

□ **Proverbs 9:10** “The fear of the Lord is the beginning of wisdom, and the knowledge of the Holy One is understanding.”



Jealousy = same word as
“zealous”

- Wrong response – gossiping, envy, backstabbing
- Right response – energy protect, imitate



Doubt moves us

- Desire to search about God
- Disdain to move away from God
- John the Baptist – Mt 11:3



III. The Devotion Of Emotions

**A. Emotional Experiences
Are Not Goals, But Are
Means Of Worship**



1. Love Is The Greatest Commandment

□ **Matthew 22:37-40** “Jesus said to him, ‘You shall **love** the Lord your God with all your **heart**, with all your **soul**, and with all your **mind**.’ This is the first and great commandment. And the second is like it: ‘You shall **love** your neighbor as yourself.’ On these two commandments hang all the Law and the Prophets.”



2. Praise Is The Greatest Expression

□ **Psalm 101:1-3** “1 I will sing of mercy and justice; To You, O Lord, I will sing **praises**. 2 I will behave wisely in a perfect way. Oh, when will You come to me? I will walk within my house with a perfect heart. 3 I will set nothing wicked before my eyes; I hate the work of those who fall away; It shall not cling to me.”



B. Emotions Are To Be Conformed To The Standard Of God

- ☐ **1 Thessalonians 5:23** “Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.”




C. Emotions Are To Be Controlled By The Spirit Of God

Proverbs 25:28 “Whoever has no rule over his own spirit is like a city broken down, without walls.



Conclusion:

1. There are reasonable reasons for emotions
 2. When we allow our feelings to carry us away from God then we have undermined God's purpose for our emotions to carry us to Him.
 3. Emotions are not the end goal to experience, but are means of worship
 4. When our emotions are anchored and directed by Christ, they will fly in a proper worship to God.
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Discussion:

1. How can denying our emotions be dangerous to our spiritual growth?
2. How can denying our emotions hinder our worship of God?
3. What emotions make it difficult to grow closer to God?
4. What would our emotions look like when we're spiritually mature versus when we're spiritually immature?



Join a **Connect Group**

- Sign up for a pre-set group in the foyer or with me (steve@fbc-belmont.org)
- Create your own Discussion Group creatively
- The series will last through May 12
- Discuss at a meal, over coffee, family devotions, in a home
- Connect with others in the church to help apply God's Word to our lives