

HEALING THE HEART AND LIFE BY WALKING WITH JESUS CHRIST DAILY

A Series Of Studies In
The Reality Of Spiritual Life
Here And Now

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Session III:

Putting Sensations, Feelings
And Emotions In Their
Proper Order In Christ's
Kingdom

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Transitioning From Thoughts To Feelings

1. Rejecting mental habits of dwelling on things that hurt us and discourage us.
2. "Whatsoever is true, honorable, right, pure, etc., THINK ON THESE THINGS. (Phil. 4:8)
3. Paul: "I have learned to be content, whatever my circumstances." (Phil. 4:11)
4. The rich content of verses 12-13.

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The 3 Main Positive Thoughts:

1. Who God Is: Loving, all-powerful Father, King, Shepherd—A SAVIOR WHO DIED.
2. Who I Am: An Unceasing Spiritual Being with an Eternal Destiny in God's Great Universe.
3. The Good Things God has given to me and placed around me.

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Feelings and emotions are 'tones' that pervade and structure our self and world and poise it for a relevant range of actions.

When we feel "good" our world and life flows. When we feel "bad" we experience opposition and resistance. ("It's a real drag.") When we feel "blah" we are stuck, hardly move.

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Generally, in this fallen world, the feelings that are present are set against God and wholeness of life. They are the first face of brokenness.

Although feelings are basically good, they have become twisted, and constantly deepen human brokenness.

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Some feelings and emotions:
Pain, hunger, sexual desire,
weariness, comfort, gratified,
energetic, left out, loved, loving,
anger, joy, interested, bored,
fear, safe, greed, resentment,
vengefulness, adoration, etc.

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Feelings Involve Inclinations To Good Or Evil

- ❖ Stages Toward Sin:
Thought of Sin
Inclination to Sin (Desire)
Willingness to Sin (Action)
- ❖ Or Toward Goodness

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**We cannot allow our lives and
actions to be dominated by feelings
and emotions.**

**They must serve what is good and
not define it. They are good
servants but horrible masters.**

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**If we concede to feelings the rule of
our life—living to gratify them—they
will corrupt our thinking and
thought will become crazy, devoted
to rationalizing their acts.**

**“Their god is their belly.” (Phil. 3:19;
Rom, 16:18)—THEIR APPETITES**

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If There Are Feelings/Emotions Which Negatively Dominate Us, Pulling Us Off the Course of Christlikeness:

1. Identify them clearly.
2. Decisively give up their gratification as a ruling aim.
3. Pray specifically to God for relief.
4. Take actions appropriate to denying those feelings.
5. Seek the ministry of others to overcome them.

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The Role Of Spiritual Disciplines In Mastering And Eliminating Feelings/Emotions. For Example:

1. Fasting
2. Solitude
3. Service
4. Scripture Memorization

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The “Fruit of the Spirit” (Gal. 5:22-23) does not consist in feeling or emotion, but in character—overall disposition toward goodness and good action.

But it does contain and convey floods of positive feelings which stabilize us in goodness.

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Note These Points:

1. You cannot deal with feelings “head on.” They will always win.
2. As adults, we are responsible for the feelings we have. No one else is.
3. There is no “sin generating” feeling or emotion that we cannot eliminate or at least master, by grace and wise action.

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We do not fail to receive healing of life in Christ because of lack of will, but for lack of intelligent order and decision in removing the things that defeat will: mainly, wrong thoughts and harmful feelings.

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You cannot change your thoughts by changing your feelings, but you can change your feelings by changing your thoughts.

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Next Week:

- ❖ **The Broken Body and Its Social World.**
- ❖ **Redeeming the Family.**

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