

Lesson 5:

Sub Topic: Faith & Feelings

2 Corinthians 13:5 - *[5] Examine yourselves, whether ye be in the faith; prove your own selves.*

1. **Examine** = Periazō = to try, make trial of, test: for the purpose of ascertaining his quantity, or what he thinks, or how he will behave himself.
2. **Prove** = Dokimazo = to recognise as genuine after examination, to approve, deem worthy.

7 areas of personal assessment; *Where am I?*

1. Spiritually
2. Emotionally
3. Physically
4. Intellectually
5. Vocationally
6. Relationally
7. Financially

1. Having and expressing our emotions does not mean we are unspiritual; it means we are human

➤ **PowerPoint: A denial of our humanity is a rejection of Gods divinity.**

Genesis 1:31 KJV - *[31] And God saw every thing that he had made, and, behold, it was very good. And the evening and the morning were the sixth day.*

Hebrews 4:14-15 KJV - *[14] Seeing then that we have a great high priest, that is passed into the heavens, Jesus the Son of God, let us hold fast our profession. 15] For we have not an high priest which cannot be touched with the (feeling) of our infirmities; but was in all points tempted like as we are, yet without sin.*

A. Feeling = Sympatheo =

1. To be affected with the same feeling as another, to sympathise with
2. To feel for, have compassion on

➤ **PowerPoint: Faith is not what I feel. Faith is (WHO) I know and (WHAT) I believe.**

➤ **PowerPoint: Prayer won't stop you from having feelings, but it will prevent your feelings from compromising your faith.**

James 5:16-18 KJV - *[16] Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much. 17] Elias was a man subject to like passions as we are, and he prayed earnestly that it might not rain: and it rained not on the earth by the space of three years and six months. [18] And he prayed again, and the heaven gave rain, and the earth brought forth her fruit.*

1 Kings 19:1-4 KJV - [1] And Ahab told Jezebel all that Elijah had done, and withal how he had slain all the prophets with the sword. 2] Then Jezebel sent a messenger unto Elijah, saying, So let the gods do to me, and more also, if I make not thy life as the life of one of them by to morrow about this time. [3] And when he saw that, he arose, and went for his life, and came to Beer-sheba, which belongeth to Judah, and left his servant there. 4] But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O Lord, take away my life; for I am not better than my fathers.

B: 5 Emotional lessons learned from Elijah:

I: Spiritual brilliance does not automatically equate to emotional balance.

Proverbs 4:20-23 KJV - [20] My son, attend to my words; incline thine ear unto my sayings. 21] Let them not depart from thine eyes; keep them in the midst of thine heart. 22] For they are life unto those that find them, and health to all their flesh. 23] Keep thy heart with all diligence; for out of it are the issues of life.

A. Heart = Leb =

1. Midst (Of Things)
2. Heart (Of Man)
3. Soul, Heart (Of Man)
4. Mind, Knowledge, Thinking, Reflection, Memory
5. Inclination, Resolution, Determination (Of Will)
6. Conscience
7. Heart (Of Moral Character)
8. Seat of Appetites
9. Seat of Emotions and Passions

II: Our relationship with God is not designed to take the place of our relationships with our family and our friends.

Genesis 2:18 KJV - [18] And the Lord God said, It is not good that the man should be alone; I will make him an help meet for him.

➤ **PowerPoint: We are not wired for God to be our only friend.**

The rising incidence of anxiety, depression and other mental problems is the result of lack of close human relationships. Physical contact distinguishes humans from other animals. But in a high tech-saturated world, human contact is in danger of becoming rare, if not obsolete. Scientific research now correlates physical touch with the following important areas:

1. Decreased violence.
2. Greater trust between individuals.
3. Economic gain.

- 4: Decreased disease and stronger immune system.
5. Stronger team dynamics.
6. Non sexual emotional connection.
7. Greater learning engagement.

III. Being a great Pastor, Prophet or Priest will not in and of itself make you a complete or emotionally balanced person.

1 Timothy 5:8-10 KJV - [8] *But if any provide not for his own, and specially for those of his own house, he hath denied the faith, and is worse than an infidel. 9] Let not a widow be taken into the number under threescore years old, having been the wife of one man, 10] Well reported of for good works; if she have brought up children, if she have lodged strangers, if she have washed the saints' feet, if she have relieved the afflicted, if she have diligently followed every good work.*

IV. Doing right by God will not stop people from doing wrong by you.

John 16:33 KJV - [33] *These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.*

V. We must always balance our feelings with our faith

Psalms 116:3-7 KJV - [3] *The sorrows of death compassed me, and the pains of hell gat hold upon me: I found trouble and sorrow. 4] Then called I upon the name of the Lord; O Lord, I beseech thee, deliver my soul. 5] Gracious is the Lord, and righteous; yea, our God is merciful. 6] The Lord preserveth the simple: I was brought low, and he helped me. 7] Return unto thy rest, O my soul; for the Lord hath dealt bountifully with thee.*

➤ PowerPoint: Faith is not measured by our emotions.

As sinners and saints, our emotions will never be perfect in this life. There will be days when our emotions do not act in accord with God's Word and threaten to convince us the truth is not what the Word of God says. This is why it is important to remember what C.S. Lewis says in *Mere Christianity*:

Now that I am a Christian, I do have moods in which the whole thing looks very improbable: but when I was an atheist, I had moods in which Christianity looked terribly probable...That is why Faith is such a necessary virtue.

Physical or emotional struggles are always going to shake us. God is constant and unchanging. He is the anchor we grasp by faith when everything threatens to overwhelm us.