

Emotions

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Emotions are expressions of the thoughts and feelings within us and how we manage them is examined closely by God (Heb. 4:12). No matter how deeply they reside within us, the Lord will examine and try the hearts of all men (Ps. 26:2; 1Ch. 28:9; cf. Lam. 3:40; 2Cr. 13:5; 1Cr. 11:28-29). It is best to express our emotions genuinely in love, rather than to use them to the detriment of ourselves or others. If we express our feelings, we allow others to share in our burdens, as well as our joy. The combination of both aspects builds trust and meaningful relationships. There are different levels of comfort when it comes to expressing emotions. These comfort levels can range from an individual who is too uncomfortable, unable or puts no value on expressing their emotions to someone who expresses them so freely that it ends up being to their own detriment (Pro. 29:11). No matter where you fit in the spectrum, it can be challenging to manage emotions; however, over time and with practice, everyone can learn how to properly express themselves (Pro. 25:11). We must not only bring our physical bodies into subjection (1Cr. 9:27), but as Solomon observed, a person who cannot rule over his spirit, is like a plundered city (Pro. 25:28).

It can't be underestimated how our words and actions affect others, especially as we strive to represent God. They can encourage others and assist them towards greater achievements or bring them down further. There are trials we all experience while representing God's way of life. These will be based both on the choices we make, as well as from the actions of others. These trials can be attacks from fellow servants of Christ or from others outside the body of Christ. In either case, they often come from those who have lost fear and respect God's law and are being ruled by their human nature, which acts out of its selfish and evil desires (Gen. 4:6-7; Gen. 6:5; Jer. 4:14; Mt. 15:19; Mt. 16:23; Mar. 7:2-23).

We must do our best to remember that we do not wrestle with flesh and blood. Instead, we are fighting a spiritual war. Emotions can play a key part in these battles, for the better or worse. Success in these struggles begins with learning to bring every thought into captivity (2Cr. 10:1-6). These thoughts can spur emotional reactions. With God's help, we will learn what, how and when to speak and act based on what is right according to His law and in a way that is beneficial to others (Ps. 51:5-6).

This document is the collaborative work of individuals who believe God's truth should be given freely (Mt. 10:8; 1Cor. 2:12; 2Cor.11:7; Rom. 10:14-21) and the message of the one true God should be made available to all nations (Mt. 24:14) as a prerequisite to the return of Jesus Christ as King of kings (Mt. 17:10; 19:17; Mk. 9:11; Lk. 1:17; Rev. 19:11-16).

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