

# Emotions

**TGI Biblical Counseling and Discipleship**

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**THE GOSPEL  
INSTITUTE**

# Why So Passionate about Emotions?

1. Emotions are as much a part of our humanity as oxygen and nitrogen are to the air we breath.
2. Emotions affect us much like we breath; we can't see it or catch it, but we are constantly affected by it in positive and negative ways.
3. Emotions are the reason most people seek counseling, many that come describing debilitating emotional pain.

# Power of Emotion

1. Depression— *“I feel like my skin is melting lead, weighting down my face”. “I feel like I’m always under a cloud of oppressive weight.”*
2. Anger – *“ I was so filled with rage, I can’t remember what I said or did.”*  
Teenager – *“I don’t know what I’m feeling”*
3. Grief - *“I’m so filled with anguish, I can’t move”*
4. *“I hurt myself when I was seven. Tears immediately came, before I could cry out, I was told, ‘big boys don’t cry’. I vowed that day that I would never cry again.”*

# Handling Emotion

1. *“I’m a man, I can’t have emotions; I have to be strong, I can’t afford to let my emotions show.”*
2. *“I’ve stuffed my emotions for so many years, I’m simply numb.”*
3. *“We both have been so hurt by the other, we refuse to communicate deeply or feel anything, so we don’t get hurt any more.”*
4. *“She hurt me so badly, that I’m not willing to be vulnerable to any woman. I might as well stay single the rest of my life.”*

# Common Thoughts about Emotions

1. Emotions can't coexist with moral virtue.
2. Emotions are a nuisance and are best ignored.
3. Emotions are optional, faith is fine without emotions.
4. Emotions cannot be controlled, they're exempt from Christ's lordship; simply external forces that thrust themselves on us, leaving us at their mercy.
5. Emotions determine doctrine, I don't accept doctrines that make me feel bad.

(paraphrased from Brian S. Borgman, *Feelings and Faith*, p. 24-25)

# Understanding Emotion

1. Emotion must be defined and understood through the wisdom of God's Word, not primarily from human experience or wisdom. (1 Cor. 2)
2. [Jesus] "It is written, 'Man shall not live by bread alone, but by every word that comes from the mouth of God.'" (Matt. 4:4)
3. "All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work." (2 Tim. 3:16-17)

# Human Wisdom is Foolishness

For the wisdom of this world is folly with God. For it is written, “He catches the wise in their craftiness,” and again, “The Lord knows the thoughts of the wise, that they are futile.” (1 Cor. 3:19-20)

To think that we can learn something from  
General Revelation that supersedes  
Special Revelation is an act of rebellion.

# Why Do We Have Emotions?

**Man is created by God, to be**

**A Reflector** (image of God)

**Relational** (vertical, internal, horizontal, internal)

**A Receiver** (needing God's Word)

**A Reasoning** being (Logical, reasoning, considering)

**Responder** (worshiper, worshiper, servant)

**Righteous** (pure)

**Reliant** (dependent, NOT AUTONOMOUS)

**A Ruler** (a "non-haver")

**A Representative** (Ambassador),

**God has emotions**

# God Experiences Emotion

1. God **loves and delights** in his Son
2. God **delights** in righteousness and justice
3. God **rejoices** in his people
4. God takes **pleasure** in Himself, His ways, His grace, His mercy.
5. God takes **pleasure** in His people, that includes \_\_\_\_\_, if you have believed and repented of your sin.
6. God **pursues His Glory**, He expects us to do the same; the study of emotion is a theological study beginning with the character and nature of God.

# God Experiences Emotion

1. “God is not physical, God is spirit, therefore we know that emotion was first experienced without physiology. Emotion is not first and foremost primarily physiological. Our physiology enables us to experience emotion in our physical dimension.”  
Dr. Dayton Kitterman
2. Event - Stimulus
3. Evaluation – intellect observes, processes and assesses the event based on one’s world-view.
4. Emotion – the mind/body responds with emotion and physiological responses.
5. Will - action

# God Experiences Emotion

1. Love
2. Compassion
3. Pleasure
4. Joy
5. Peace
6. Desire
7. Rejoicing
8. Grief
9. Anger
10. Hatred
11. Abhorrence
12. Jealousy
13. Vengefulness
14. Sorrow (Gen.6:6)

# The Emotions of God - Love

1. Although love is not first an emotion, the emotion of love is to delight in, prefer, “*a discriminating affection which involves choice and selection*”. (Biblehub HELPS, Word Studies)<sup>1</sup>
2. “For God so loved [refers to how God chose to show his love] the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. (Jn. 3:16)
3. By this we know love, that he laid down his life for us, and we ought to lay down our lives for the brothers. (1 Jn. 3:16)

# The Emotions of God - Compassion

1. Energy that is excited by a sense of deep, tender empathy, care, concern; a internal, physiological pain shared with and for another who is suffering or needy which *“moves to action to meet needs”*.<sup>1</sup> (Matt. 9:36)
2. Deep inner pain cause by the awareness of needs or pain of another. (Matt. 14:14; 15:32; 18:27; 20:34; Mk. 1:41; 6:34; 8:2; 9:22; Lu. 7:13; 10:33; 15:20)
3. And his [Titus] affection (same word translated “compassion) for you is even greater, as he remembers the obedience of you all, how you received him with fear and trembling. (2 Cor. 7:15)
4. The LORD’S lovingkindnesses indeed never cease, For His compassions never fail. (Lam. 3:22 NAS)

# The Emotions of God – Pleasure

1. *“Desire satisfied”* (Kitterman)
2. *“A source of enjoyment or delight”* (The American Heritage Dictionary)
3. God’s pleasure - (Gen. 1:31; Ps. 149:4; 147:11; 1 Chr. 29:17; Is. 60:5; Ex. 33:17; Neh. 8:10)
4. Then you shall see and be radiant; your heart shall thrill and exult, because the abundance of the sea shall be turned to you, the wealth of the nations shall come to you. (Is. 60:5)

# The Emotions of God - Joy

1. Joy – (cheerfulness, calm delight)
2. But the fruit of the Spirit is love, joy, ...  
(Gal. 5:22)”:
3. “the joy of the Lord is your strength” (Neh. 8:10)
4. These things I have spoken to you, that **my joy** may be in you, and that your joy may be full.  
(Jn. 15:11)

# The Emotions of God - Peace

1. The wholeness/completeness of God – *Shalom* – Literally, “the way things were created to be”
2. And the peace [wholeness; undisturbed]<sup>1</sup> of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. (Phil. 4:6-7)
3. Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ.
4. (see also Is. 26:3; Ps. 119:165)

# The Emotions of God - Desire

1. Passionate longing; epithumia
2. “I [Jesus] have earnestly desired to eat this Passover with you before I suffer. (Lu. 22:15)
3. “Go and learn what this means, ‘I desire mercy, and not sacrifice.’” (Matt. 9:13a)
4. <sup>38</sup>...“My [Jesus] soul is very sorrowful, even to death; remain here, and watch with me.” <sup>39</sup>And going a little farther he fell on his face and prayed, saying, “My Father, if it be possible, let this cup pass from me; nevertheless, not as I will [desire], but as you will.” (Matt. 26:38-39)<sup>1</sup>

# Emotions of God - Rejoicing

1. And as the bridegroom rejoices over the bride, so shall your God **rejoice** over you. (Is. 62:5)
2. The LORD your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love; he will exult over you with loud singing. (Zeph. 3:17)
3. I will rejoice in doing them good, (Jer. 32:41a)

# The Emotions of God - Grief

1. Extreme sorrow or displeasure over disobedience and lack of trust in his goodness. (Gen. 3, 4, 6)
2. And taking with him [Jesus] Peter and the two sons of Zebedee, he began to be sorrowful and troubled. (Matt.26:37)
3. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. (Eph. 4:30)

# The Emotions of God - Anger

1. Hot displeasure against the attitudes and actions of sin. “Take from my hand this cup of the wine of wrath, and make all the nations to whom I send you drink it. (Jer. 25:15)
2. God is a righteous judge, and a God who feels indignation every day. (Ps 7:11)
3. Then the anger of the Lord was kindled against Moses and he said, “Is there not Aaron, your brother, the Levite? I know that he can speak well. ... (Exod. 4:14a)
4. God loves the sinner and is angry at the sinner at the same time. (Jer. 44:6)

# The Emotions of God - Hatred

1. Intense hostility...towards sin AND sinners.
2. Energy to distance oneself, decrease intimacy. (Kitterman)
3. For I the Lord love justice; I hate robbery and wrong; (Is. 61:8a)
4. There are six things that the Lord hates, seven that are an abomination to him: (Pr. 6:16)
5. The Lord tests the righteous, but his soul hates the wicked and the one who loves violence. (Ps. 11:5)

# The Emotions of God - Abhorrence

1. To turn away from something that which is repugnant or distasteful. (Kitterman)
2. You destroy those who speak lies; the Lord abhors the bloodthirsty and deceitful man. (Ps. 5:6)
3. And I will destroy your high places and cut down your incense altars and cast your dead bodies upon the dead bodies of your idols, and my soul will abhor you. (Lev. 26:30)

# The Emotions of God - Jealousy

1. Hot passion that moves one to protect or regain one's possessions. Intolerance for rivalry<sup>1</sup>.  
(Webster's Third International Dictionary)
2. The LORD is a jealous and avenging God; the LORD is avenging and wrathful; the LORD takes vengeance on his adversaries and keeps wrath for his enemies. (Nahum 1:2)
3. "Surely I have spoken in my hot jealousy against the rest of the nations and against all Edom,..." (Ezek. 36:5)

# The Emotions of God - Vengefulness

1. The desire to inflict punishment for an injury or offence
2. Let love be genuine. Abhor what is evil; hold fast to what is good. (Rom. 12:9)
3. Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, "Vengeance is mine, I will repay, says the Lord."  
(Rom. 12:19)

# The Emotions of Christ

1. Compassion (Matt. 9:36ff)
2. Grief “Jesus wept” (Jn. 11:35)
3. Anger - cleansed the temple at the beginning and again at the end of his earthly ministry (Matt. 21)
4. Frustration – Phillip (Jn. 14:9)
5. Anguish – he sweat drops of blood (Lu. 22:44)
6. He loved the rich young ruler (Lu. 18:18-23)
7. Exasperation – Mk. 8:12
8. Disgust – Matt. 17:17

# God Engages Humans through Emotions

1. Hyperbole – log & speck (Mt. 7:3-5); camel & needle's eye (Mk. 10:25); Mustard seed (Lu. 17)
2. Parable – The Lost Sheep/coin/son (Lu. 15)
3. Narrative – Nathan & David (2 Sam. 12)
4. Experience – Gomer's unfaithfulness to Hosea (Hos. 11:8)
5. Object lessons/experience – potter & clay; Job "I see myself..."; Abraham offering Isaac.
6. History - the tower of Siloam – "you will likewise die"
7. Sexual expression – Song of Solomon

# God and Your Emotions

1. God communicates and relates to you intimately and passionately to purposely engage your emotions.
2. God always expresses His emotions righteously, responds perfectly, and commands you to live in the same way.
3. “whoever says he abides in him ought to walk in the same way in which he walked.” (1 Jn. 2:6)
4. “As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, “You shall be holy, for I am holy.” (1 Pet. 1:14-16)

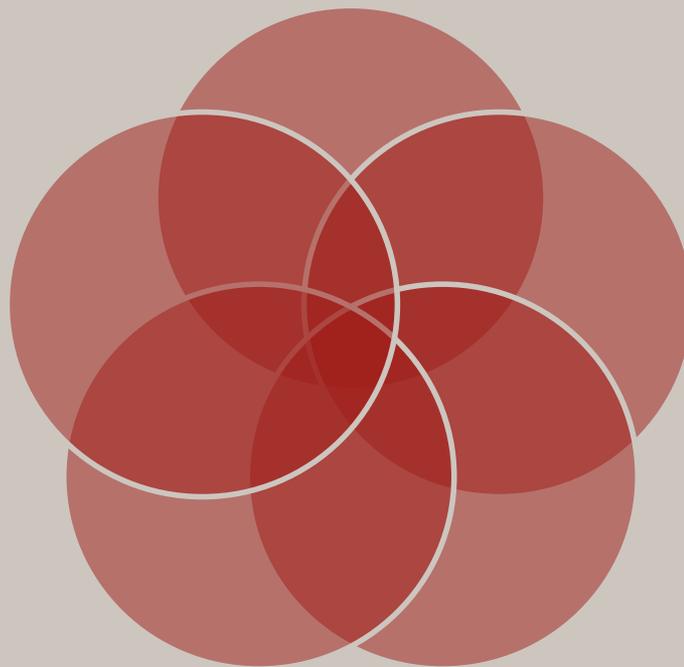
# What are Emotions?

1. Emotions are a whole-person response to life, involving
  - a. cognition (Gen. 31:31)
  - b. experience (Heb. 13:17)
  - c. volition (Ps. 78:58)
  - d. physiology (Lu. 22:44)
2. Emotions are energizing results of evaluations of the heart to life-experience which are based on personal values, beliefs and moral standards [personal world-view].

## Emotions - Product of the Mind

1. Jacob thought about the possible actions of Laban and experienced fear. - “Then Jacob replied to Laban, ‘Because I was afraid, for I thought that you would take your daughters from me by force.’ (Gen. 31:31)
2. “But this I call to mind, and therefore I have hope” (Lam. 3:21)

# Emotions – from Multiple Factors



# Purpose of Emotions

1. \_\_\_\_\_ to motivate behavior and thinking for the purpose of pursuing God's glory...
2. By solving problems: anger, abhorrence, jealousy, hatred, vengeance, disgust, fear
3. By righting wrongs, or punishing wrong-doers, to stop, remove or destroy: passion, anger, abhorrence, jealousy, hatred, vengeance, disgust, fear, shame
4. By protecting people or property: passion, fear, anger, jealousy, hatred, vengeance, disgust.

# Purpose of Emotions

## Energy to Glorify God...

1. by celebrating good: passion, joy, appreciation, praise, thanksgiving, fear (fear of the LORD).
2. by expressing loss: anguish, passion, grief, sorrow, sadness, pain, suffering, fear.
3. by meeting the needs of others: compassion, love, gentleness, fear.
4. by pursuing pleasure: comfort, fulfillment, love, peace, passion/desire, fear

# Fallenness and Your Emotions

1. Our minds do not perceive our world accurately (noetic effect – Rom. 1:21; 8:6; Eph. 4:17-18).
2. Our emotions hijack our best intentions; we fail to respond rightly; we obey our passions in lieu of obedience to God (Eph. 4:19-20); we seek our own glory in lieu of God’s glory. (Rom. 1)
3. The relationship between our minds and our emotions is marred and convoluted.
4. “...not in the passion [pathei] of lust [epithumia] like the Gentiles who do not know God; (1 Thess. 4:5)

# Fallenness and Your Emotions

1. Emotions that are not understood and responded to biblically will deceive you.
2. I believe that truly righteous emotions are less common than we think.
3. Righteous emotions quickly become sinful; anger, jealousy, hatred, grief, abhorrence, vengeance, etc.
4. The Fall brought new emotions: shame, fear-worry-anxiety, loneliness, sadness, vindictiveness, envy.
5. *Are emotions sinful or are our actions sinful?*

# Fallenness and Your Emotions

1. And this is the judgment: the light has come into the world, and people loved the darkness rather than the light because their works were evil. (Jn. 3:19)
2. For I delight in the law of God, in my inner being, but I see in my members another law **waging war** against the law of my mind and making me captive to the law of sin that dwells in my members. (Rom. 7:22-23)

# Fallenness...Emotions as Tyrants

1. Emotions demand control of our minds and actions.
2. Emotions can hijack your best intentions.
3. Emotions make wonderful companions, but become brutal tyrants if you let them rule your heart.
4. “A good thing becomes a bad thing when it becomes a ruling thing.”
5. e.g. David and Bathsheba

# Help for Our Fallen Condition!

1. Fallen man can find redemption in the Gospel!
2. Regeneration, faith and Repentance brings “reclamation, renewal, restoration and reconstruction”<sup>1</sup> to the **whole person, which includes our emotions.** (from Brian S. Borgman, *Feelings and Faith*)
3. Emotions can come under the control and renewal of the Holy Spirit.
4. Eph. 4
5. Self-control was a part of being human; before the Fall God commanded self-control.

# Emotions - Activating Energy to Turn...

## to God

1. shame, sorrow, grief, sadness, discouragement, depression, anger, fear, jealousy, envy, loneliness/isolation, vengeance, hatred, prejudice, passion/desire; conviction
2. All these are emotions that can give us energy to repent and turn to God for restoration.

# Transformed Temperament, Personality, and Emotions

1. Temperaments (choleric, sanguine, melancholy, phlegmatic) don't excuse sin.
2. Temperament is another way to blame one's "DNA-package" for behavior.
3. Personality doesn't excuse sin; "I'm a type-A personality"; "That's who I am, don't try to change me."
4. Redemption transforms the whole person, including the temperament, personality, emotions and affections.

## The Gospel Transforms Emotions

Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ. Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God. Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to **shame**, because God's love has been poured into our hearts through the Holy Spirit [love, joy, peace] who has been given to us. (Rom. 5:1-5)

## But I'm not Emotional

1. God commands righteous thinking.
2. God commands righteous actions.
3. God commands the righteous expression of emotion. *“If you aren’t/don’t get emotional, you’re not like God.”* (Kitterman)
4. The Gospel enables obedience – “And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.” (2 Cor. 3:18)

# The Bible Commands Emotions

1. Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. (Eph. 4:31-32)
2. Let love be genuine. Abhor what is evil; hold fast to what is good. (Rom. 12:9)
3. Be wretched and mourn and weep. Let your laughter be turned to mourning and your joy to gloom. (Ja. 4:9)

# The Bible Commands Emotions

1. Do not be slothful in zeal, be **fervent** in spirit, serve the Lord. (Rom. 12:11)
2. And let the **peace of Christ rule** in your hearts, to which indeed you were called in one body. And be thankful. Let the **word of Christ dwell in you richly**, teaching and admonishing one another in all wisdom, **singing** psalms and hymns and spiritual songs, with **thankfulness** in your hearts to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, **giving thanks** to God the Father through him. (Col. 3:16-17)

# Peter Commands Emotional Control

1. Having purified your souls by your obedience to the truth for a sincere brotherly love, love one another earnestly from a pure heart, (1 Pet. 1:22)
2. So put away all malice and all deceit and hypocrisy and envy and all slander. Like newborn infants, long for the pure spiritual milk, that by it you may grow up into salvation—if indeed you have tasted that the Lord is good. (1 Pet. 2:1-3)

# Peter Commands Emotional Control

1. “...therefore be self-controlled and sober-minded for the sake of your prayers. Above all, keep loving one another earnestly,  
(1 Pet. 4:7-8)
2. Finally, all of you, have unity of mind, sympathy, brotherly love, a tender heart, and a humble mind (1 Pet. 3:8)

## Restoration - from Grief to Happiness

1. “**Blessed** are the poor in spirit, for theirs is the kingdom of heaven. (recognizing depravity)
2. “**Blessed** are those who mourn, for they shall be comforted. (holy grief, repentance)
3. “**Blessed** are the meek, for they shall inherit the earth.
4. “**Blessed** are those who hunger and thirst for righteousness, for **they shall be satisfied.** (Matt. 5:3-12)
5. <sup>9</sup>Be wretched and mourn and weep. Let your laughter be turned to mourning and your joy to gloom. <sup>10</sup>Humble yourselves before the Lord, and he will exalt you. (Ja. 4:9-10)

# A True Encounter with God

1. Changes the Heart
2. Changes the the worship and therefore the goals of the heart
3. Changes the mind
4. Transforms desires
5. When the mind focuses on the things of God, **there are promised emotional changes.**

# Sanctifying Our Emotions

1. Right source of truth
2. Right view of God
3. Right view of the Gospel
4. Right view of ourselves
5. Right view of Glory – here and now and Eternal
6. Right view of sin and how to repent of sin
7. Right view of suffering

A biblical world-view generates healthy emotions.

# Think Right, Do Right...Emotions Follow

- think right [sense],
- do right [service/sacrifice]

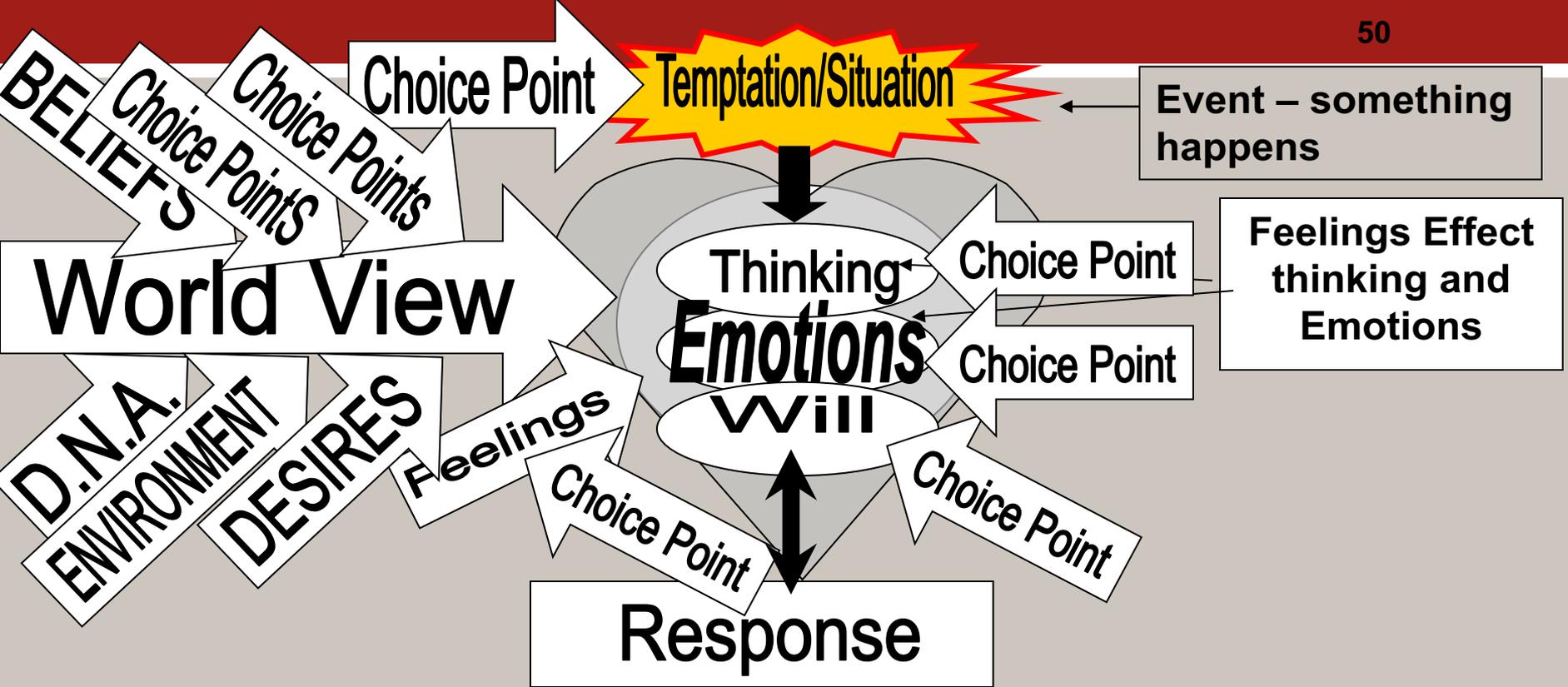
Feelings

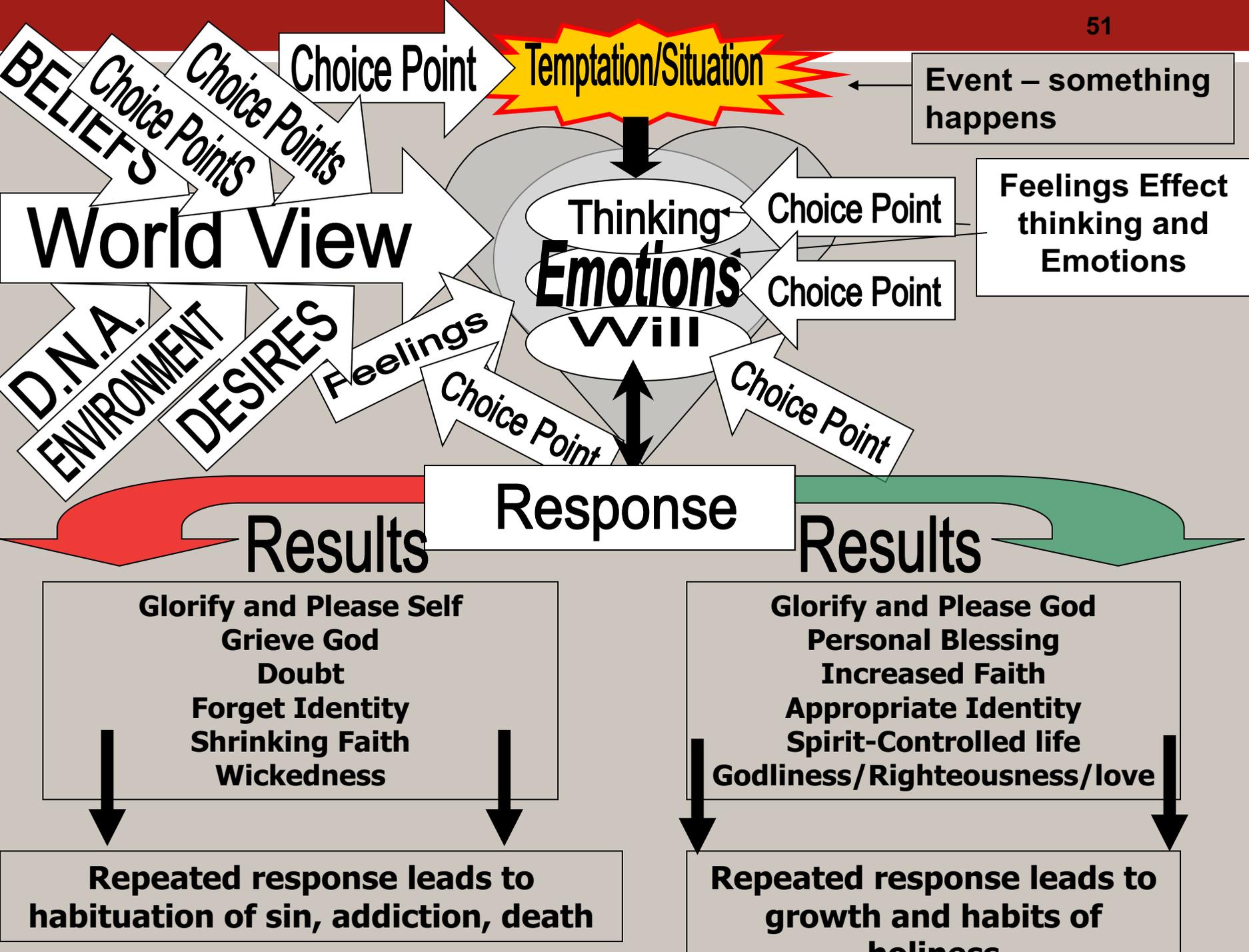


TRUTH WILL EMOTIONS  
MIND PASSION

Tracks of TRUTH

Acceptable Worship brings Blessing “*in the doing*” Ja.  
1:25





# Four Key Elements in Dealing with Emotion

Remember the Biblical Soul-care Outline...

1. Biblical Perspectives
2. Biblical Purposes
3. Learning from life's trials (choosing to let God teach you about himself and where you need to change to become more like Christ)
4. Responding to life's hardships for God's glory and the eternal good of the other person

# CAN WE CHANGE our EMOTIONS?

THINKING

LIFE-STYLE

SATAN

PHYSIOLOGY

EXPERIENCE

# Purpose of Emotions

Solve  
Problems

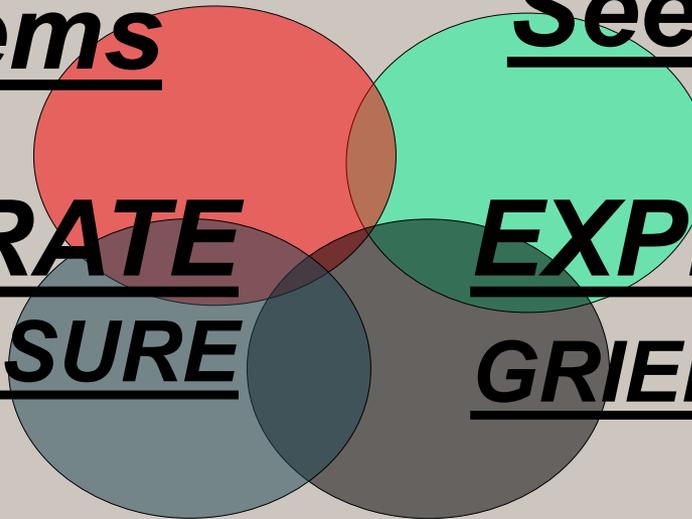
Seek Justice

CELBRATE

EXPRESS

GOOD/PLEASURE

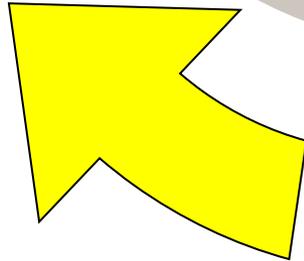
GRIEF/SORROW



# Tracing the Heart Path

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**SITUATION  
(EVENT)**

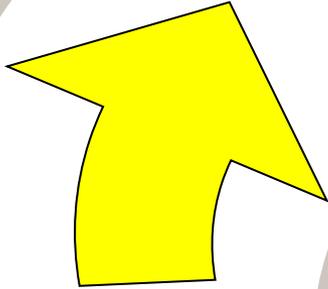


# Tracing the Heart Path

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MIND

(EVALUATION)

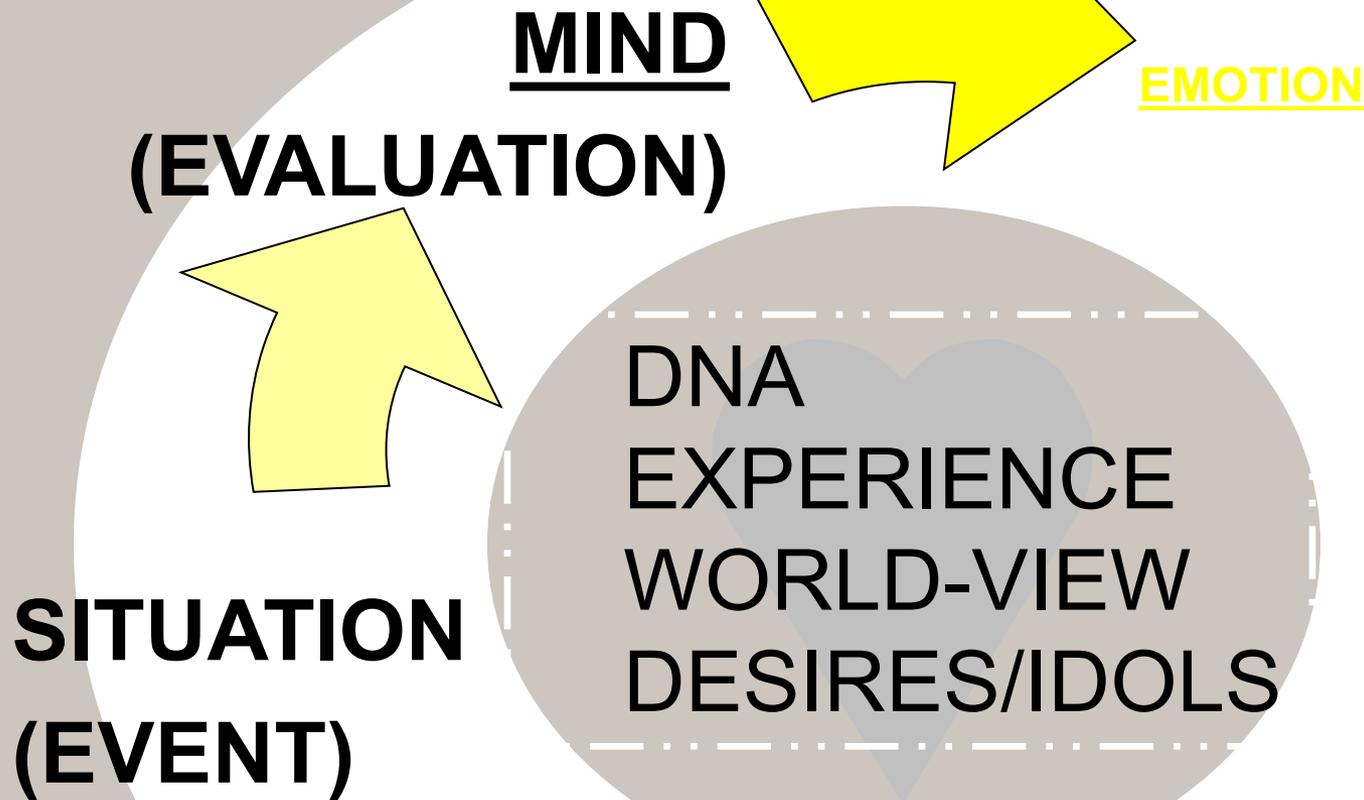


**SITUATION  
(EVENT)**

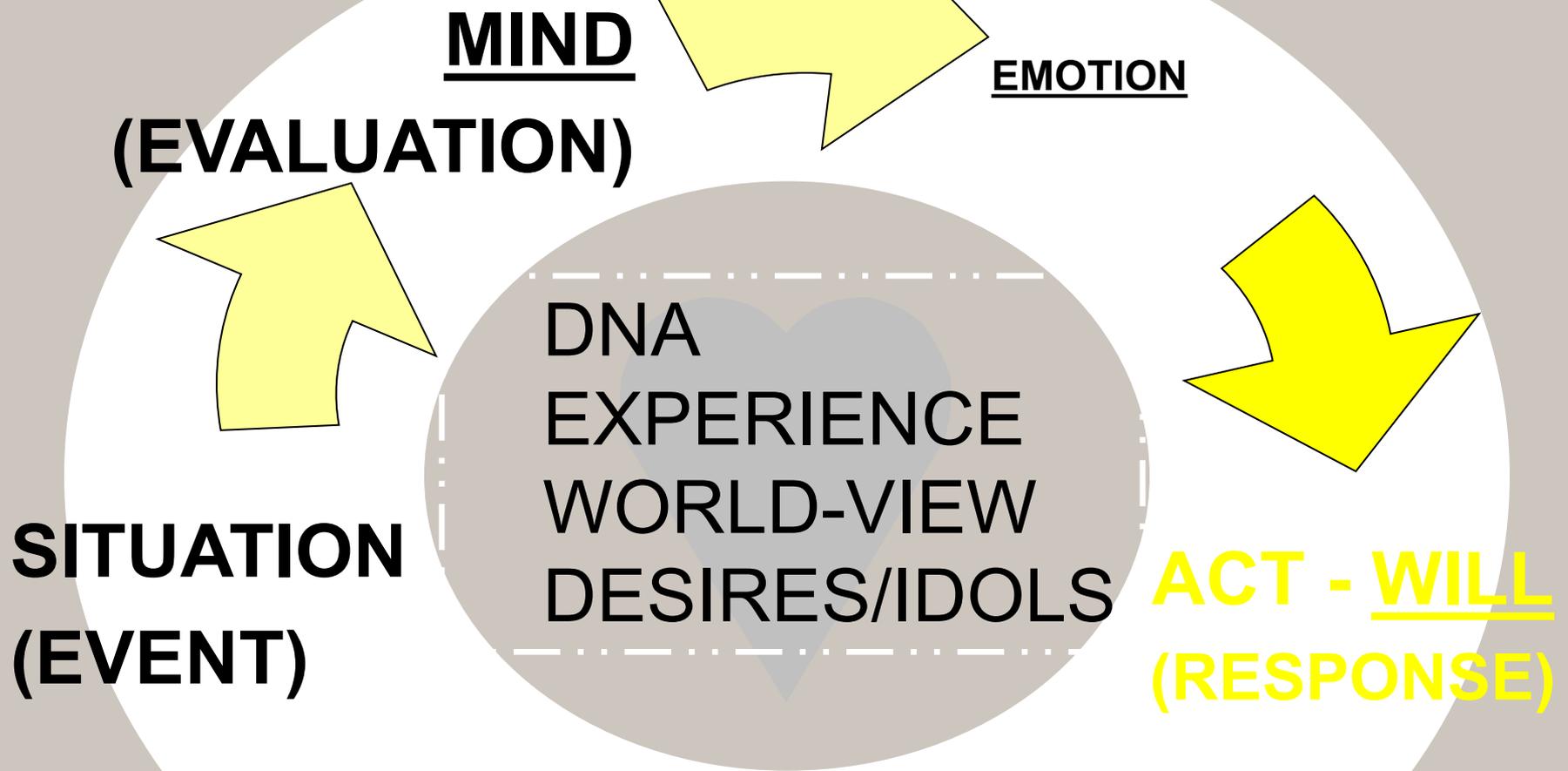
DNA  
EXPERIENCE  
WORLD-VIEW  
DESIRES  
OUR WORSHIP

# Tracing the Heart Path

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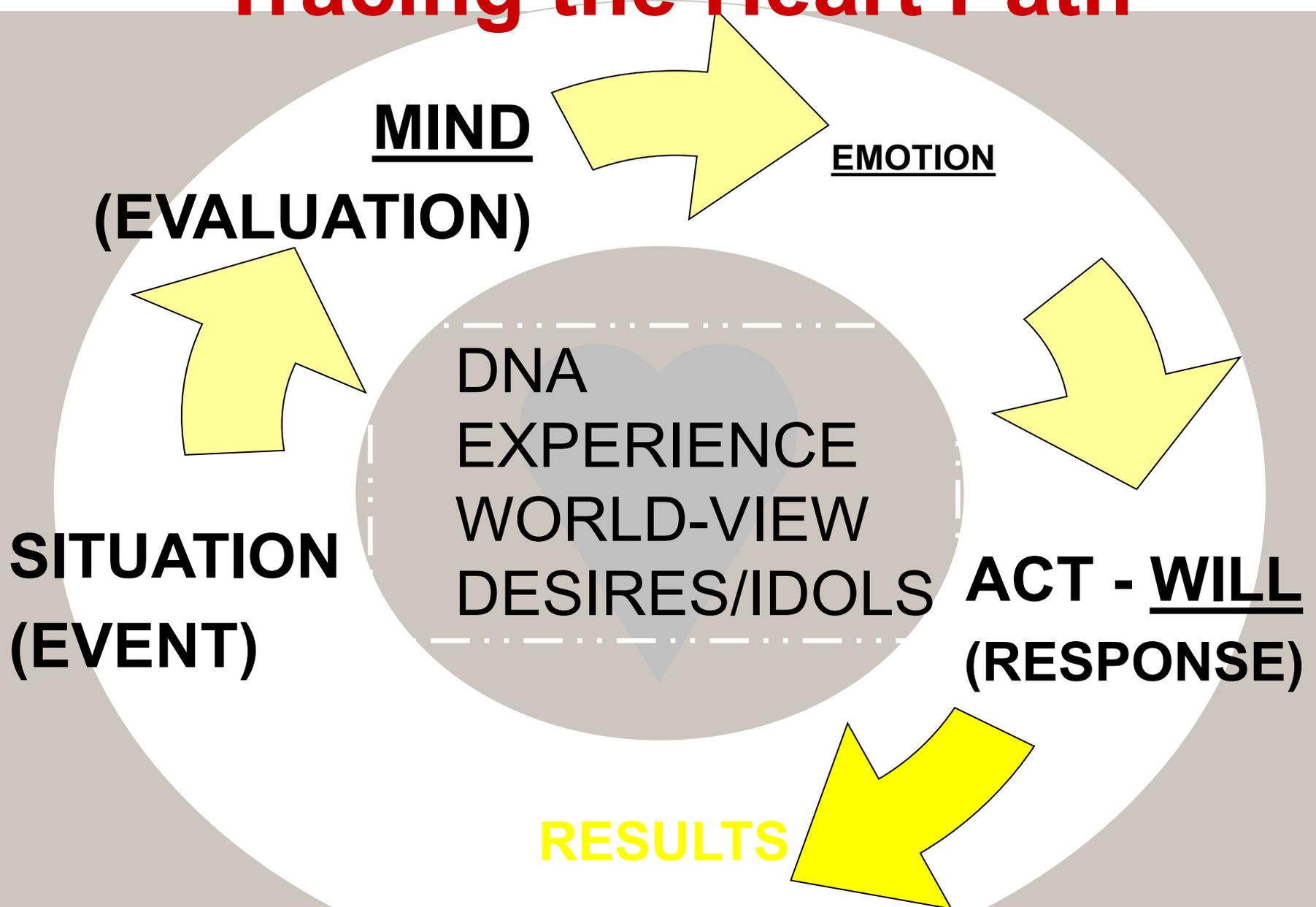


# Tracing the Heart Path



# Tracing the Heart Path

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# Tracing the Heart Path

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