

BRINGING THE BIBLE TO LIFE

DISCIPLESHIP CLASSES

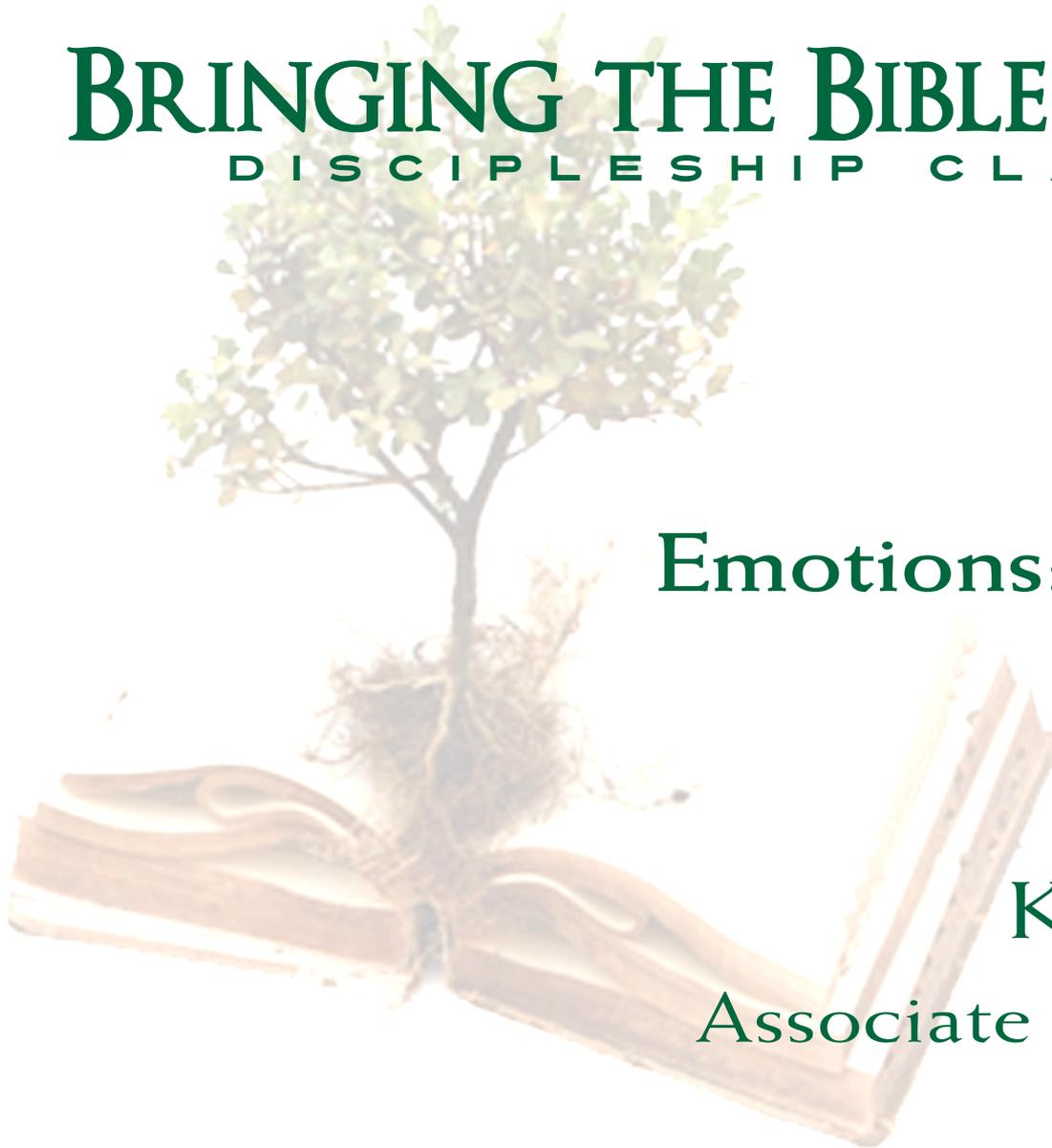
Emotions: Part 1 & 2

Track IV.1

Track IV.2

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Introduction

- Depressed man – *I feel like my skin is melting lead, weighting down my face*
- Depressed woman – *I feel like I'm always under a cloud and an un-liftable weight.*
- Teenager – *I don't know what I'm feeling*
- *I'm so filled with anguish, I can't move*
- *I hurt myself when I was seven, tears immediately came, before I could cry, I was told, big boys don't cry. I vowed that day that I would never cry again.* David White
paraphrase



Introduction

- *I'm a man, I can't have emotions; I have to be strong, I can't afford to let my emotions show*
- *I've stuffed my emotions for so many years, I'm simply numb*
- *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.*



Why So Passionate about Emotions?

- Emotions are as much a part of our humanity as oxygen and hydrogen are to the air we breath.
- Emotions affect us much like air does, we can't see it, can't “catch” it, but we are effected by it in positive and negative ways.
- Emotions are the reasons people most people seek counseling, many describe debilitating emotional pain.



Common Thoughts about Emotions...

- Passions cannot coexist with moral virtue (Plato, Aristotle, the Stoics)
- ...are there, but they are like in-laws who have overstayed their welcome; they're nuisance and best left ignored.
- ...are optional, untrustworthy, our faith would function fine without them.
- Immune from obedience, exempt from Lordship; external forces, we're at their mercy
- Doctrine is determined by how I feel

From *Feeling sand Faith*, Brian S. Borgman, page 24-25



Our Foundation for Understanding Emotion

- We must derive our understanding of emotion from GOD and GOD's Word, NOT from our experiences or own wisdom. "...you thought that I was one like yourself. ... (Ps. 50:21 ESV)
- "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 Timothy 3:16-17 ESV)



Human Wisdom is Foolishness

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

(1 Cor. 3:19-20 ESV)

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, external)

A Receiver (needing God's Word)

A Reasoning being (Logical, rational, considering)

Responder (worshiper, worker/servant)

Righteous (pure)

Reliant (dependant, NOT AUTONOMOUS)

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

A Representative (Ambassador),



God is an Emotional Being

- God **loves and delights** in his Son
- God **delights** in righteousness and justice
- God **rejoices** in his people
- God takes **pleasure** in himself, his ways, his grace & his people's obedience.
- **God pursues His Glory**, He expects us to do the same; the study of emotion is a theological study beginning with the character & nature of God.



The Emotions of God

Love

God is Love and loves

“For God so loved [this is how God loved] the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. (John 3:16 ESV)

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 John 3:16 ESV)



The Emotions of God

Pleasure, Delight

Pleasure, Delight - Desire satisfied

(Gen. 1:31; Ps. 149:4; Neh. 8:10; Ps. 147:11; 1
Chron. 29:17; Ex. 33:17)

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.

(Isaiah 60:5 ESV)



The Emotions of God

Joy

Joy – (cheerfulness, calm delight)

But the fruit of the Spirit is love, joy, ... (Gal. 5:22)

These things I have spoken to you, that my joy may be in you, and that your joy may be full.

(John 15:11 ESV)



The Emotions of God

Peace

Peace – the wholeness/completeness of God
– *Shalom* – Literally, “the way things were created to be”

And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. (Phil. 4:6-7 ESV)

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.

(see also Isaiah 26:3; Ps. 119:165)



The Emotions of God

Desire

Desire – passionate longing *epithumia*

“I [Jesus] have earnestly desired to eat this
Passover with you before I suffer. (Lu. 22:15
ESV)

Go and learn what this means, ‘I desire mercy, and
not sacrifice.’ For I came not to call the
righteous, but sinners.” (Matt. 9:13 ESV)



The Emotions of God

Compassion

Compassion – Deep inner pain cause by the needs or pain of another (Matt. 9:36;14:14; 15:32; 18:27; 20:34; Mk. 1:41; 6:34; 8:2; 9:22; Lu. 7:13; 10:33; 15:20)

When he saw the crowds, he had [*moved-KJV*] compassion for them, because they were harassed and helpless, like sheep without a shepherd. (Matthew 9:36 ESV)



Emotions of God

Rejoicing

To celebrate something good, desired, pleasant, beautiful, honorable, pure; “animate with lively pleasurable sensations; to exhilarate”-Webster 1828.

Rejoices and as the bridegroom rejoices over the bride, so shall your God **rejoice** over you. (Is. 62:5; Jer.32:39-41)

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 ESV)



The Emotions of God

Grief

Grief - Extreme sorrow or displeasure over disobedience & lack of trust in his goodness; **over loss of any kind.** (Gen. 3, 4, 6)

And taking with him [Jesus] Peter and the two sons of Zebedee, he began to be sorrowful and troubled. (Matt. 26:37 ESV)

And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. (Ephesians 4:30 ESV)



The Emotions of God

Anger

Anger – hot displeasure against the attitudes & actions of sin (Ps. 7:11; Jer. 44:6) *God loves the sinner and is angry at the sinner at the same time.*

God is a righteous judge, and a God who feels indignation every day. (Psalm 7:11 ESV)

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 ESV)



The Emotions of God

Hatred

Hatred – intense hostility

There are six things that the Lord hates, seven that are an abomination to him: (Pr. 6:16 ESV)

For I the Lord love justice; I hate robbery and wrong; (Is. 61:8a ESV)

The Lord tests the righteous, but his soul hates the wicked and the one who loves violence.

(Ps. 11:5

ESV)



The Emotions of God

Abhorrence

Abhorrence - to turn away from something that which is repugnant or distasteful

You destroy those who speak lies; the Lord abhors the bloodthirsty and deceitful man.

(Ps. 5:6 ESV)

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 ESV)



The Emotions of God

Jealousy

Jealousy - Hot passion that moves one to protect or regain one's possessions. *Intolerance for rivalry.*

(for you shall worship no other god, for the LORD, whose name is Jealous, is a jealous God)

(Exod. 34:14 ESV)

“Surely I have spoken in my hot jealousy against the rest of the nations and against all Edom,...”

(Ezek. 36:5 ESV)

(see also Ex. 20:5; Nah. 1:2; Jn. 2:17)



The Emotions of God

Vengefulness

Vengefulness – the desire to inflict punishment for an injury or offence

O LORD, God of vengeance, O God of vengeance, shine forth! (Ps. 94:1 ESV)

Vengeance is mine, and recompense, for the time when their foot shall slip; for the day of their calamity is at hand, and their doom comes swiftly.’ (Deuteronomy 32:35, ESV)



The Emotions of Christ

- Matt. 9:36ff compassion
- He wept - And when he drew near and saw the city, he wept over it, (Lu. 19:41 ESV)
- Anger at cleansing of the temple - He said to them, “It is written, ‘My house shall be called a house of prayer,’ but you make it a den of robbers.” (Mt. 21:13; Mk. 11; Lu.19 ESV)
- He loved the rich young ruler (Mk.10:21)



God Evokes Emotion in Scripture

- Hyperbole – eye of a needle ~ “greatly astonished” (Mt. 19:24-25 ESV)
- Nathan’s story to David – anger (2 Sam. 12:7)
- Abraham offering Isaac - gratitude
- The tower of Siloam – No, I tell you; but unless you repent, you will all likewise perish. you will likewise die. – fear (Lu.13:1-5 ESV)



So What Does this Have to Do With Me?

- God always expresses his emotions righteously and responds perfectly.
- God communicates and relates to his creation intimately and passionately (with emotion) and does so in a way that purposely engages emotion.



So What Does this Have to Do With Me?

- God commands you and me to express our emotions in the same way He does.
- “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 ESV)
- whoever says he abides in him ought to walk in the same way in which he walked.
(1 John 2:6 ESV)



Multiple Factors in Emotions

GOD

THINKING

WILL

LIFE-STYLE

PHYSIOLOGY

ENVIRONMENT

EXPERIENCE

SATAN

Emotions are whole-person, energizing responses to life-experience which are based on personal values, beliefs and moral standards.



Multiple Factors

...involving the following stimuli:

- **Cognition** - Jacob answered and said to Laban, “Because I was afraid, for I thought that you would take your daughters from me by force. (Gen. 31:31 ESV)
- **Experience** – Obey your leaders and submit to them, for they are keeping watch over your souls, as those who will have to give an account. Let them do this with joy and not with groaning, for that would be of no advantage to you.

(Heb.13:17 ESV)



Multiple Factors

- **Cognition & experience** - But this I **call to mind**, and therefore I have **hope**: (Lam. 3:21)
- **Volition** – If you know these things, blessed [happy] are you if you do them.
(John 13:17 ESV)
- Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness.
(James 1:2-3, ESV)



Multiple Factors

- **Physiology** – (Experienced through physiology)
- And for fear of him the guards trembled and became like dead men. (Mt. 28:4 ESV)
- And being in an agony he prayed more earnestly; and his sweat became like great drops of blood falling down to the ground. (Luke 22:44 ESV)
- **Physiology may cause** emotions
Cancer, (depression), low blood sugar (sadness, depression), hypothyroidism (depression), hormonal imbalance.



Purpose of Emotions

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



Activating Energy to Glorify God...

- By celebrating good, passion, joy, appreciation, praise, thanksgiving, fear
- By expressing loss, anguish, passion, grief, sorrow, sadness, pain, suffering, fear
- By meeting the needs of others; compassion, love, gentleness, fear
- By pursuing pleasure, comfort, fulfillment, love, peace, passion/desire, fear



Power over Emotions

- God commands righteous thinking
- God commands righteous actions
- God commands the righteous expression of emotions
- The Gospel gives you the ability to obey God
- God 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

- Rejoice in the Lord always; again I will say, rejoice. (Phil. 4:4 ESV)
- Love one another with brotherly affection. (Rom.12:10a ESV)
- Finally, all of you, have unity of mind, sympathy, brotherly love, a tender heart, and a humble mind (1 Pet.3:8 ESV)
- 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)³⁴



The Bible Commands Emotions

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)

Let love be genuine. Abhor what is evil; hold fast to what is good. (Rom. 12:9)



The Bible Commands Emotions

- Do not be slothful in zeal, be **fervent** in spirit, serve the Lord. (Rom. 12:11)
- 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)



The Bible Commands Emotions

- 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 Peter 2:1-3)
- ...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)



What's the Problem with Emotions?

The Fall

- Our minds no longer perceive our worlds truly
(noetic effect – Rom. 1:21; 8:6:4; Eph. 4:17-18)
- Our emotions no longer respond rightly.
(Eph. 4:19-20; Jn. 12:40)
- Our wills no longer respond for God's glory
- Our bodies are fallen, broken and dying
- The relationship between our minds and our emotions is marred and convoluted and effected by our broken physiology.



Fallen Man...Fallen Emotions

- *Truly righteous emotions are rare*
- *Righteous emotions can become sinful quickly; anger, jealousy, hatred, grief, abhorrence, vengeance,*
- **Additional emotions not known before the Fall** – shame, fear-worry-anxiety, loneliness, sadness, vindictiveness, envy
- Fallen emotions deceive



Fallen Man...Emotions at War

- Fallenness - a passion for evil *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 ESV)
- 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. (Romans 7:22-23 ESV)



Fallen Man...Emotions as Tyrants

- Fallen emotions demand the rule of our minds and actions.
- *Emotions make wonderful companions, but become brutal tyrants if you let them rule your heart.*
- Emotions can hijack your best intentions.
- *A good thing becomes a bad thing when it becomes a ruling thing.*



Can We Change Emotions?

GOD

THINKING

LIFE-STYLE

PHYSIOLOGY

ENVIRONMENT

EXPERIENCE

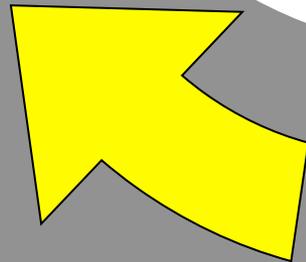
SATAN

Emotions are whole-person, energizing responses to life-experience which are based on personal values, beliefs and moral standards.



Tracing the Heart Path

SITUATION
(EVENT)

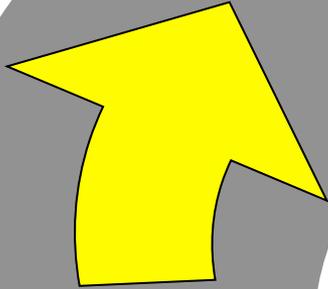




Tracing the Heart Path

MIND

(EVALUATION)

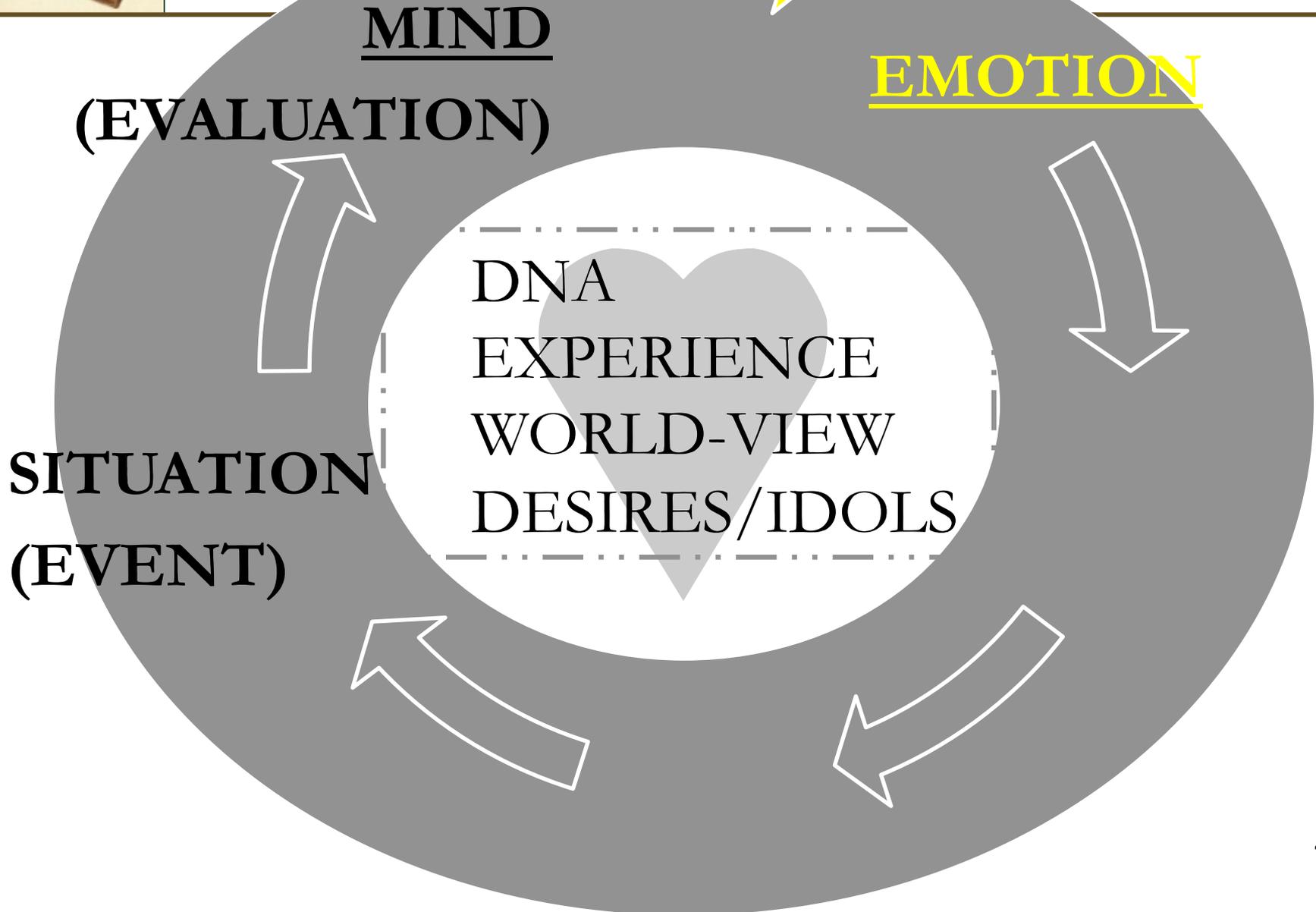


**SITUATION
(EVENT)**

DNA
EXPERIENCE
WORLD-VIEW
DESIRES
OUR WORSHIP

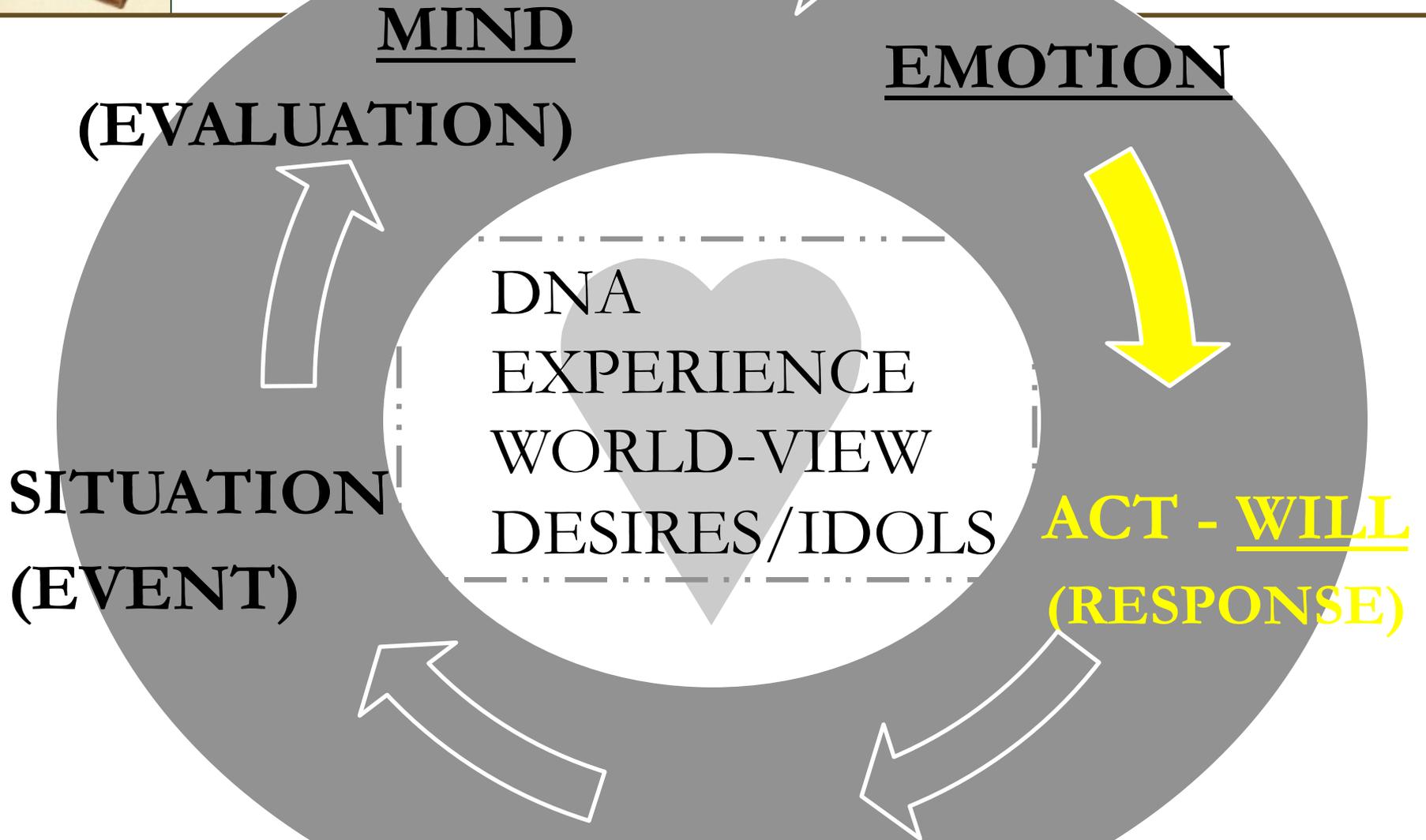


Tracing the Heart Path



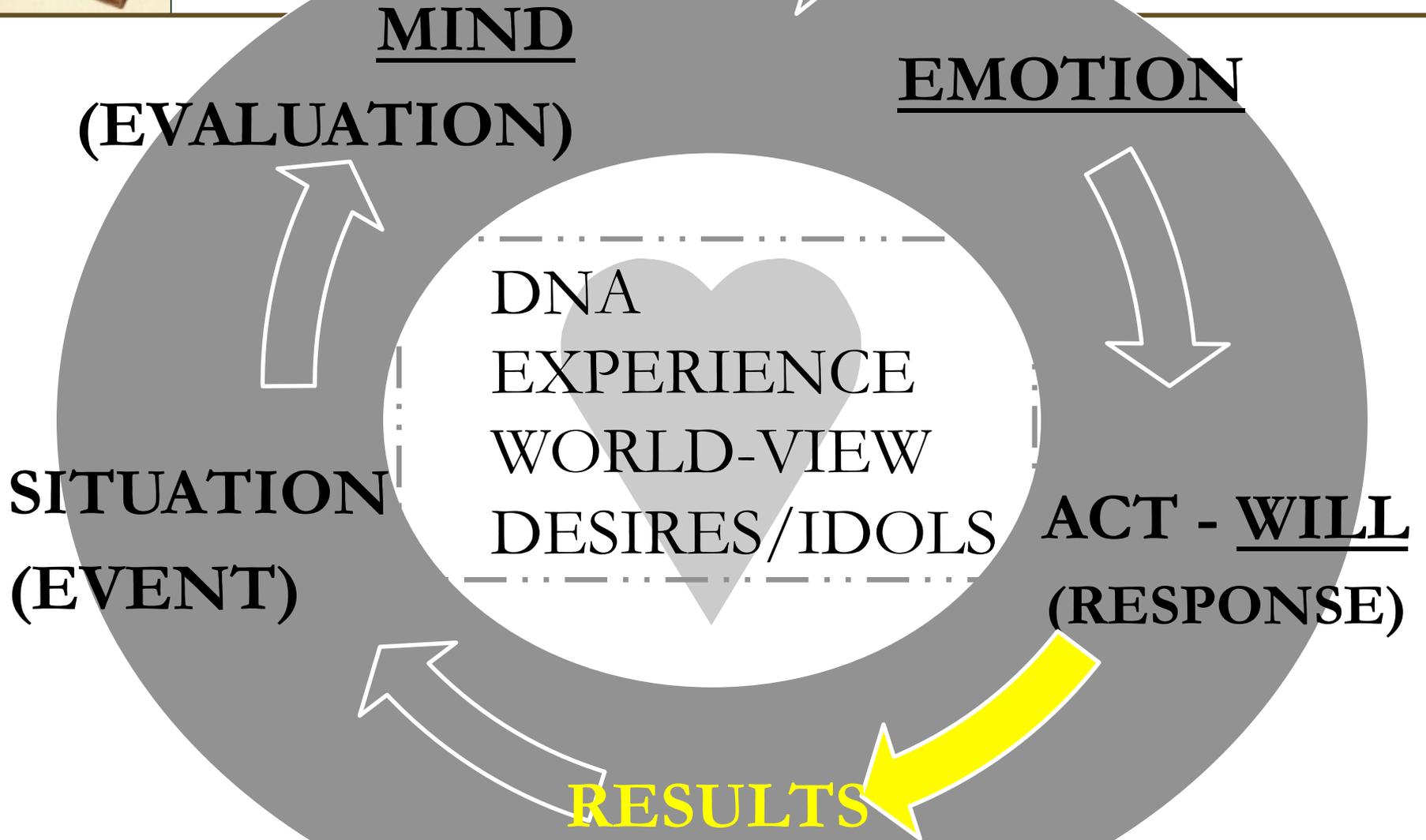


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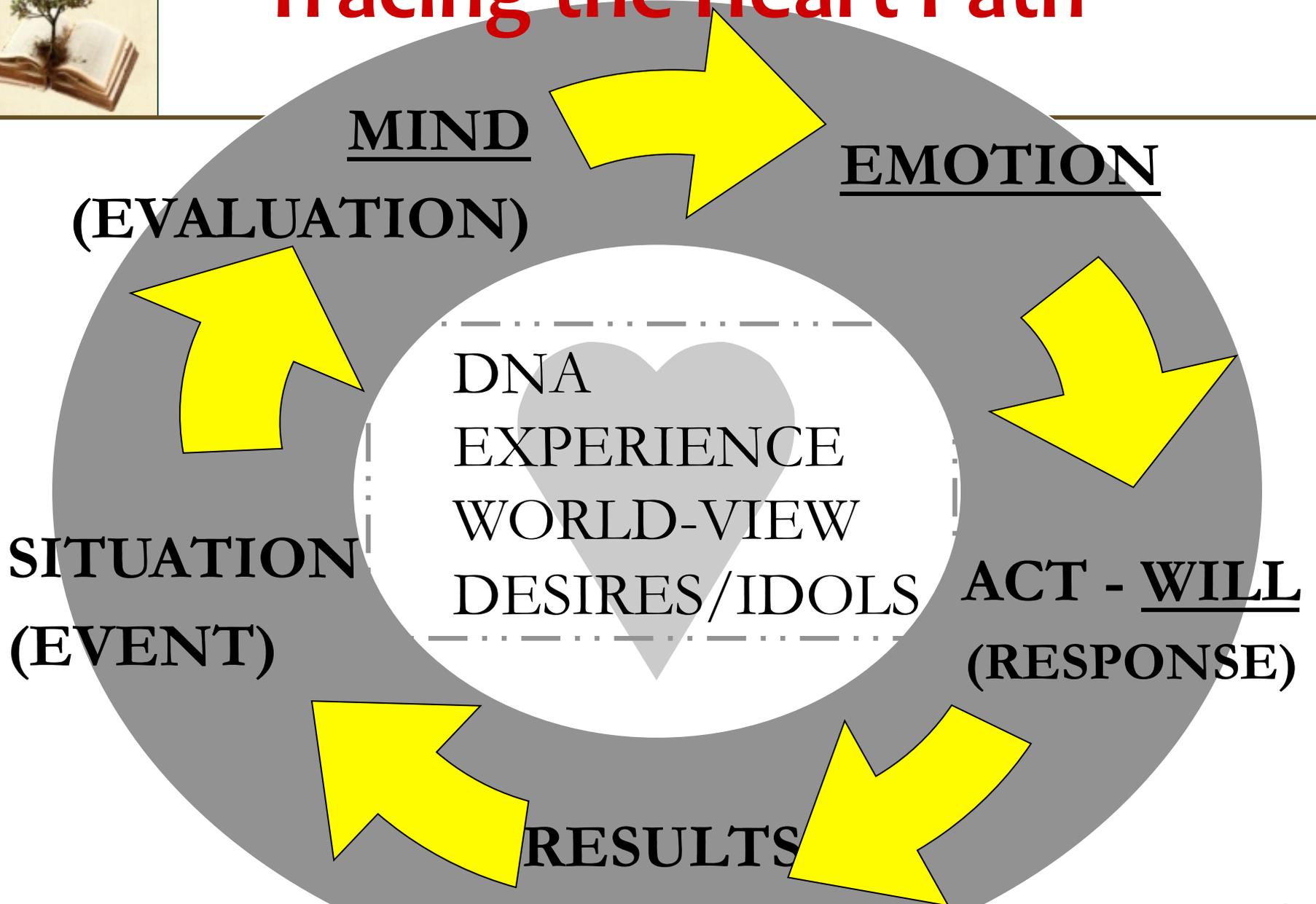


Tracing the Heart Path





Tracing the Heart Path





Help for Our Fallen Condition!

- Fallen man can find redemption in the Gospel!
- Regeneration, Faith and Repentance brings “reclamation, renewal, restoration and reconstruction” [\[1\]](#) to the *whole person, which includes our emotions.*
- Emotions can come under the control and renewal of the Holy Spirit.

[\[1\]](#) (from Brian S. Borgman, *Feelings and Faith*)



Activating Energy to Turn...

- to him in repentance - shame, sorrow, grief, sadness, discouragement, depression, anger, fear, jealousy, envy, vengeance, hatred, prejudice, passion/desire; conviction
- “Blessed are the poor in spirit, for theirs is the kingdom of heaven. (recognizing depravity)
- “Blessed are those who mourn, for they shall be comforted. (holy grief, repentance)



A True Encounter with God

- Changes the Heart
- Changes the goals of the heart, i.e. the worship of the heart
- Changes the mind
- Transforms desires
- When the mind focuses on the things of God, there are promised emotional changes.



The Gospel Sanctifies Our Emotions

- Right source of truth
- Right view of God
- Right view of the Gospel
- Right view of ourselves
- Right view of Glory – here and now & Eternal
- Right view of sin and how to repent of sin
- Right view of suffering



Four Key Elements

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



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 who has been given to us. (Rom. 5:1-5)



Restored Temperament, Personality & Emotions

- Temperaments which are often offered as reasons for behavior, *“I’m choleric, sanguine, etc.”*, **can be transformed by the power of the Gospel.** (temperament is another way to describe who one’s “DNA-package” determines behavior)
- Personalities are often viewed as unchangeable; *“I’m a type-A personality.” “That’s who I am, don’t try to change me.”* (personality is another way to describe the person’s learned life-style)
- Redemption transforms the whole person, including the temperament, personality, emotions and affections.



Track IV Schedule

- Emotions
- Anger - 4/15 & 4/22
- Fear and Worry - 4/29 & 5/6
- Depression – 5/13 & 5/20



BRINGING THE BIBLE TO LIFE

DISCIPLESHIP CLASSES

April 8, 2013

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Homework



Going Deeper



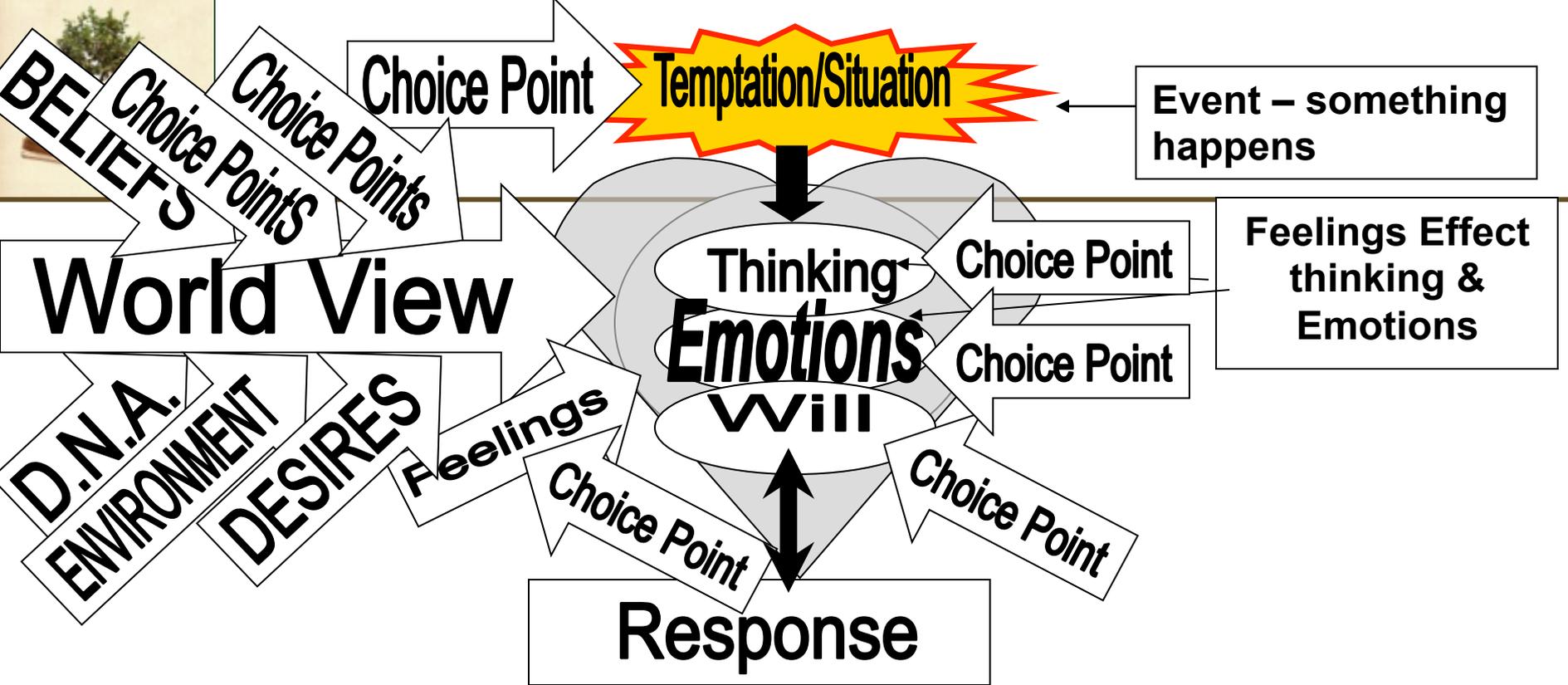
PURPOSE of EMOTIONS

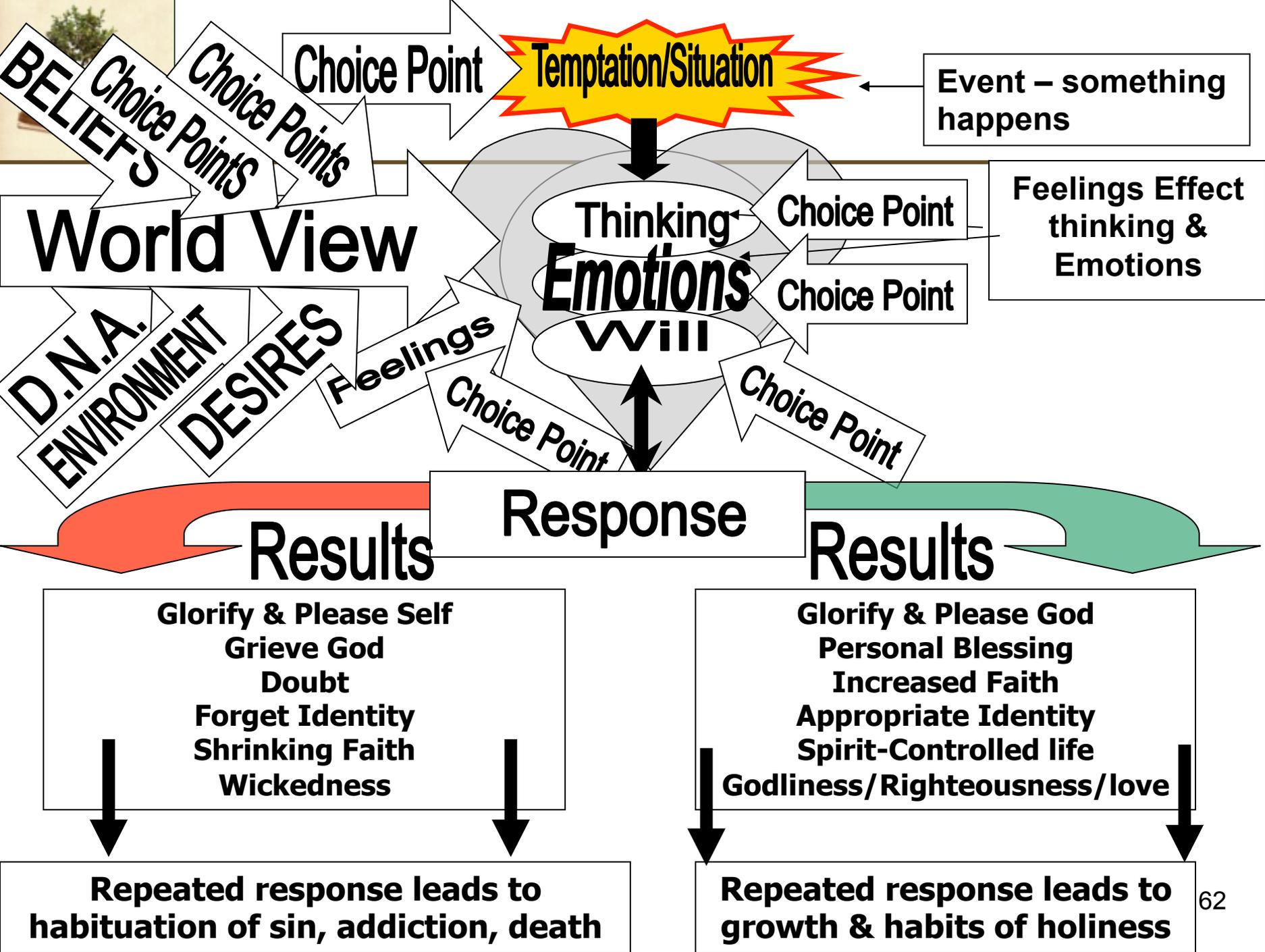
SOLVE
PROBLEMS

CELEBRATE GOOD/
PLEASURE



EXPRESS
GRIEF/SORROW







Tracing the Heart Path

