

# Is It Well With Thee?

Bringing our Brokenness and our Bad Habits to Christ

## IS IT WELL WITH YOUR SOUL? (THE EMOTIONS - PART 4)

*This is part 37 of the Is It Well With Thee Sermon Series*

### SUMMARY

We live in a world of facades, false fronts, and covered realities. We want to be happy all the time and we want others to think that we are, but underneath the harsh reality is that the bad days, the difficult things, and the high level of stress are all weighing us down. Oftentimes, they leave us feeling discouraged, depressed, and like there is simply no hope, but **THAT ISN'T TRUE AT ALL**. While our enemy wants to use the realities of life against us, God wants us to bring our brokenness and our bad habits to Him so that in the midst of life's very real struggles we can still answer, "It is well."

### REVIEW

For a few weeks now, we have been considering the second component of our soul – the **HEART** (emotions). We began by establishing the fact that while the mind and the heart are two separate functions that are so intricately connected that they **INFLUENCE** and **IMPACT** each other.

#### 1) The **DESIGNING** of the emotions

We found that our emotions are a good gift from a good God for the purpose of helping us **ENJOY** right relationships (with God and others) and **ACCOMPLISH** a good purpose.

Initially, our emotions were designed to function as *connectors*. We were created to **DESIRE** and to **DELIGHT** in fellowship. Our emotions were given to us to aid in our relationships: on the practical side, our emotions were designed to **EXPRESS** our mind, and on the purposeful side, our emotions were designed to signal **SATISFACTION**.

## 2) The **DISTORTING** of the emotions

When Adam and Eve sinned, our minds were **DARKENED**, and our emotions went through a **TRANSFORMATION** and our emotions were **DISTORTED**. Today, our emotions serve as *connectors*, and they serve as *informers*. They show what is going on inside of us and they send up signals in response to what is going on around us. However, because of sin, our emotions now want to be the *director* of our life – something that they were not designed to be.

Because of this, what was intended to **PRIMARILY** be a **BLESSING** has now become one of our **PRIME PROBLEMS**. Our heart (emotions) was designed to work in tandem (together) with our mind and our will, but now, because of sin, our emotions want to **DOMINATE OUR MIND** and they want to **DICTATE OUR WILL**.

Our emotions want three things:

- (A) They want to **GAIN OUR ATTENTION**
- (B) They want to **GARNER** (acquire) **OUR AGREEMENT**
- (c) They want to **GAIN CONTROL OF OUR ACTIONS**.

Our emotions work in such a way that causes us to replace **FAITH** and **FACTS** with **FEELINGS**. It's a reality that often shows up through **TEARS**, **TERRIBLE ATTITUDES**, and **TEMPER TANTRUMS**.

Our emotions go bad when the desires for things other than God begin to rule our heart, and then, they lead us not only in the wrong direction, but they lead us to do wrong and even wicked things. If we let them, our emotions (feelings) will **RUN**, and they will **RUIN** our lives. While emotions can be **ENJOYABLE**, they can also be **MISERABLE**, and they can cause us to **MAKE POOR DECISIONS** that one day we will regret.

Our emotions can take us on a rollercoaster ride because they are very unreliable. They are **MISLEADING**, **MESSY**, and **MISEARABLE**, and they can't always be trusted. However, our emotions are often successful because of their **STRENGTH** and because of their **SPEED**. When emotions go up, reasoning usually goes down (It's a process called amygdala hijacking).

Our emotions can be **TRIGGERED**, our emotions can be **TRAINED**, and our emotions can **TAKE OVER**. Emotions don't get out of control; emotions get in control. And, when our emotions get in control, they often lead to poor decisions, and they cause greater problems.

And that's really where we pick back up.

## MESSAGE

1 Thessalonians 5:14-24 says, *"Now we exhort you, brethren, warn them that are unruly, comfort the feebleminded, support the weak, be patient toward all men. See that none render evil for evil unto any man; but ever follow that which is good, both among yourselves, and to all men. Rejoice evermore. Pray without ceasing. In every thing give thanks: for this is the will of God in Christ Jesus concerning you. Quench not the Spirit. Despise not prophesyings. Prove all things; hold fast that which is good. Abstain from all appearance of evil. And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ. Faithful is he that calleth you, who also will do it."*

If you're in the habit of marking things in the word of God, I want to draw your attention back to verse 23 where the Bible says, *"And the very God of peace sanctify...your whole spirit..."*

For a few moments, I'd like to begin to consider this thought: **IS IT WELL WITH YOUR SOUL? (THE EMOTIONS – PART 4)**

*Disclaimer - I am not a doctor, and I am not approaching these topics from the standpoint of one. I am simply attempting to help us gain an understanding of what the Bible has to say about our mental, emotional, and physical health.*

- 1) The **DESIGNING** of the emotions
- 2) The **DISTORTING** of the emotions

For a couple of weeks now, I have identified this section of our study as the distorting of our emotions. And now that we have considered **HOW** our emotions **WORK**, we can now discover **HOW** our emotions **WERE IMPACTED BY SIN**.

When sin entered our world, it distorted our perspective. Those four words – sin distorted our perspective – are vital to us understanding **WHAT IS GOING ON** and, in many ways, **WHAT IS WRONG** inside of us.

The word *distorted* means "to twist out of natural regular shape; to turn from truth; to take or force someone away from something."

The word *perspective* means "our estimation of whether or not something or someone is important to us." The level of importance that we place on things and on people is impacted by how we **VIEW** (know) them and how we **FEEL ABOUT** them.

To repeat, sin has distorted our perspective. How? Sin narrowed our focus. Let me attempt to explain. Instead of us being focused on pleasing God and on being a positive influence in

and on the lives of those around us, sin turns our focus inward (to ourselves) and sin limits our focus to the short-term.

Once Adam and Eve sinned, it became extremely easy for them and for us to behave in selfish ways. The truth of the matter is that we **THINK** selfishly, we **FEEL** selfishly, and we **ACT** selfishly. We often make the decision to live in the moment and in ways that benefit us, often neglecting, even ignoring, the **SPIRITUAL ASPECT**, the **LONG-TERM CONSEQUENCES**, and/or the **SURROUNDING IMPACT** (others).

Proverbs 28:26 says, *“He that trusteth in his own heart is a fool: but whoso walketh wisely, he shall be delivered.”*

When it comes to sin distorting our perspective, it’s clear to see how it has impacted our thinking, but I think that it is most clearly seen in how we feel. God created us to be **VALUABLE** (and we are because we were created in His image), but sin has made us **VULNERABLE** to both **DECEIT** and to **HURT**.

Hebrews 4:15 says, *“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.”*

Now, while I understand that the context of Hebrews chapter 4 is about God caring so much for us that He is ready and willing to give His grace and His rest to His children that boldly come before Him and ask for His help in their time of need, I find the phrase *“...touched with the feeling of our infirmities...”* very interesting.

When we read that statement, our mind often goes toward the problems that are in and the problems that are around our life. And rightfully so. After all, the word *infirmities* includes **DIFFICULTIES**, **DANGERS**, **DISEASES**, and **DECISIONS** – all areas that stir up our emotions and all areas that we need the grace of God in and the rest of God for. What we also need to understand is that the word infirmities here also includes that which causes to be weak and without strength. The reality is that our **EMOTIONS** can be an infirmity just as much as our **EXPERIENCES**.

While our emotions are **PURPOSEFUL**, **PROMPT**, and **POWERFUL**, our emotions also have the potential of pointing us in the wrong direction as well as trapping us in a prison cell. And this is where the distortion of our emotions comes in.

We need to understand that our emotions weren’t just given to us for **AFFECTION**; our emotions were given to us for **ACTION**.

By design, our emotions were given to us...

To **DELIGHT** in connecting with God and others.

To **DIRECT US TOWARD** things that are right and that we should do,

To **DIRECT US AWAY FROM** things that are wrong and that we should not do,

To direct us to **DEAL WITH** the bad decisions that we have made and the wrong directions that we have gone in.

2 Corinthians 7:9-11 says, *"Now I rejoice, not that ye were made sorry, but that ye sorrowed to repentance: for ye were made sorry after a godly manner, that ye might receive damage by us in nothing. For godly sorrow worketh repentance to salvation not to be repented of: but the sorrow of the world worketh death. For behold this selfsame thing, that ye sorrowed after a godly sort, what carefulness it wrought in you, yea, what clearing of yourselves, yea, what indignation, yea, what fear, yea, what vehement desire, yea, what zeal, yea, what revenge! In all things ye have approved yourselves to be clear in this matter."*

Here we find an example of a good emotion (godly sorrow)...

Producing delight ("*...rejoice...*"),

Pointing in the direction that they were supposed to go and away from what they were not supposed to do ("*...repentance...*"),

Producing a desire to make things right,

("...*carefulness...*" - meaning "speed and diligence")

("...*clearing of yourselves...*" – meaning "to be and to be declared blameless")

("...*great indignation...*" – meaning, "to be displeased by; to see something as being evil and bitter.")

("...*fear...*" – meaning "a great concern that one will make the same decision or that one will head in the same direction again.")

Restoring relationships

2 Corinthians 7:13 says, *"Therefore we were comforted in your comfort: yea, and exceedingly the more joyed we for the joy of Titus, because his spirit was refreshed by you all."*

Our enemy wants to, and he works diligently to, utilize our emotions against us and toward the furtherance of his agenda both in us and through us. Since the fall of man, our emotions

To **DIRECT US TOWARD** things that are wrong and that we should not do.

To **DIRECT US AWAY FROM** things that are right and that we should do.

To **DISTANCE US** and to **DIVIDE US FROM** others.

To **DENY** or **DEFEND** the bad decisions that we have made and the wrong directions that we have gone in.

*James 3:13-18 says, "Who is a wise man and endued with knowledge among you? let him shew out of a good conversation his works with meekness of wisdom. But if ye have bitter envying and strife in your hearts, glory not, and lie not against the truth. This wisdom descendeth not from above, but is earthly, sensual, devilish. For where envying and strife is, there is confusion and every evil work. But the wisdom that is from above is first pure, then peaceable, gentle, and easy to be intreated, full of mercy and good fruits, without partiality, and without hypocrisy. And the fruit of righteousness is sown in peace of them that make peace."*

*James 4:1-3 says, "From whence come wars and fightings among you? come they not hence, even of your lusts that war in your members? Ye lust, and have not: ye kill, and desire to have, and cannot obtain: ye fight and war, yet ye have not, because ye ask not. Ye ask, and receive not, because ye ask amiss, that ye may consume it upon your lusts."*

Here we find an example of emotions (ambition ["...envy..."] and intrigue ["...strife..."]...

Pointing them in a direction that they should not go in ("...lie not against the truth...")

Pointing them away from the decisions that they should have made ("For where envying and strife is, there is confusion and every evil work.")

Producing distance and division between individuals ("From whence come wars and fightings among you? come they not hence, even of your lusts that war in your members?")

Producing denial of their personal wrongdoing (responsibility)

Producing a "defense" for the wrong decisions that they had chosen to make and the wrong direction that they had chosen to go in.

The truth of the matter is that while God gave us our emotions to lead us toward **SATISFACTION**; sin has twisted that original good gift (emotions) and their design and turned them into elements of us that can be very **POOR GUIDES** and very **PAINFUL THINGS** especially when left **UNFILTERED**, **UNTRAINED**, and **UNGUIDED**.