

Is It Well With Thee?

Bringing our Brokenness and our Bad Habits to Christ

IS IT WELL WITH YOUR SOUL? (THE EMOTIONS - PART 1)

This is part 34 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 some time now, we've been focusing on the health and well-being of our soul by considering the condition of our mind. So far, we have considered...

- 1) The **DESIGNING** of the mind (God gave us a mind so that we can **ENGAGE** in this world and with God)
- 2) The **DARKENING** of the mind (Sin has **DECEIVED**, **DARKENED**, and **DISEASED** the mind through **NATURAL**, **WORLDLY**, and **DEMONIC** elements)
- 3) The **DISMANTLING** of the mind (The mind needs to go through a cleaning process where we get everything out of it that doesn't belong in it)

- 4) The **DEFENDING** of the mind (We need to keep out of our mind what doesn't belong in our mind because our adversary wants to get the dirt that we get out back in)
- 5) The **DEVELOPING** of the mind (The Devil knows that he cannot win against the mind of Christ, and the mind of Christ has been made available to every child of God, but it must be developed in and by every child of God).

When we begin to **THINK** like Jesus, we will then begin to **LIVE** like Jesus. What does that look like? It looks like a life that always does that which pleases God and that is full of joy.

How do we take a mind that has been impacted by sin and that is constantly being attacked and see it developed into the mind of Christ?

- 1) We do so by learning to **FOCUS ON ONE THING** (pleasing our Heavenly Father)
- 2) We do so by learning to **FOLLOW THE RIGHT RULES FOR LIVING** (the Word of God)
- 3) We do so by learning the **IMPORTANCE OF FELLOWSHIP** (with the Father and with the family of God)
- 4) We do so by learning to **INSTALL THE RIGHT FILTERS** (that which is holy, that which is honorable, and that which is humble)

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 1)**

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.

We are now making a transition within our study of our soul. As we do, I think that it is important for us to be reminded of some key truths that we discovered about our soul in general so that we can approach our study of our emotions appropriately.

We found that our **SOUL** is where the biggest battles of our life will take place because it is **EASILY INFLUENCED**, and because it is **DEEPLY IMPACTED**.

We found that there are four components that make up our soul: (1) our **MIND** (intellect), (2) our **HEART** (emotions), (3) our **WILL** (choices), and (4) our **CONSCIENCE**.

We found that a healthy soul is made up of the following:

A **SECURED, SET, SATURATED**, and **SKILLED MIND**,

A **CONTROLLED HEART**,

A **SURRENDERED WILL**; and

A **STRONG CONSCIENCE**

Now that we have considered our **MIND**, it is time for us to consider the second element of our soul – the **HEART** (emotion). While the two are separate (the mind is one thing and the heart is another), we need to understand that they are intricately connected. So much so, that throughout the Bible, we find instances where the two are used **SEPARATELY**, but we also find instances where the two are used **INTERCHANGEABLY**. Let me say it this way: the mind and the heart are two separate functions of our soul, but they are two functions that are inseparable. They work together. How I feel is the result of how I think and how I think is impacted by how I feel.

I want to make a statement here that I hope will become clearer as we progress through this portion of our study – the heart is both the **EXPRESSION** of the mind and the **INFORMANT** to the mind. Simply put, the heart shows what is on our mind.

Proverbs 23:7 says it this way, *“For as he thinketh in his heart, so is he...”*

The heart **REVEALS** what we are thinking, and the heart **REACTS** according to how we are thinking. Someone correctly said it this way, “Your emotions are the barometer of your soul.” In other words, how we feel and how we express our feelings are indicators of what is going on inside of us. I think it interesting that in so many instances in the Bible the emotional side of our soul is referred to as our *reigns*.

Psalms 7:9 says, *“Oh let the wickedness of the wicked come to an end; but establish the just: for the righteous God trieth the hearts and reins.”*

Psalms 26:2 says, *“Examine me, O LORD, and prove me; try my reins and my heart.”*

Jeremiah 11:20 says, *"But, O LORD of hosts, that judgest righteously, that triest the reins and the heart..."*

Revelation 2:23 says, *"And I will kill her children with death; and all the churches shall know that I am he which searcheth the reins and hearts: and I will give unto every one of you according to your works."*

In these passages, we find two key words: the word *hearts* and the word *reigns*. When we dig into these two words, we find that the word **HEARTS** refers to our **THOUGHTS** and the word **REIGNS** refers to our **FEELINGS**. Of interest, the word *reigns* literally means "kidney."

Question - How many of you have or how many of you know of someone that has had issues with their kidneys? Does anyone know what they call that? They call it *renal failure*. Right on top of your kidney you have something that is called the adrenal glands.

How many have ever been nervous about something and said, "I've got butterflies in my stomach? Those are not butterflies. You're getting a hormonal release from your adrenal glands, and it is affecting your reigns. That's what our emotions do.

Psalms 16:7 says, *"I will bless the LORD, who hath given me counsel: my reins also instruct me in the night seasons."*

The idea here is that my reigns (emotions) will point me in a certain direction in seasons of adversity.

Psalms 73:21 says, *"Thus my heart was grieved, and I was pricked in my reins."*

The word *pricked* means "to pierce through as with a sharp sword."

How many have ever made this statement: my gut is telling me, or my gut feeling is ____? There hasn't really been any research, or any reasoning done, but my gut is telling me to **SAY** or not to say something, to **DO** or not to do something, to **GO** or not to go somewhere. That's our reigns.

By definition, the word *emotions* means "a moving of the mind or soul; hence any agitation of mind or excitement of sensibility." In other words, we don't try to feel emotions; we just have them.

When we receive good news, there is an emotional release of excitement.

When we receive bad news, there is an emotional release of sadness.

When something doesn't go our way, there is an emotional release of frustration and anger.

When someone else gets that thing or that promotion that we wanted, there is an emotional release of envy and jealousy.

It just happens. Why? Because our heart, our reigns, our emotions reveal what is going on inside of us and it causes us to respond to life accordingly.

1) The **DESIGNING** of the emotions

In Genesis 1:26, the Bible says, *“And God said, Let us make man in our image, after our likeness...”* One of the ways that we see that done is the fact that God gave us a mind. Another way that we see that was accomplished is in the fact that God gave us a heart, or what we call our emotions.

The Bible makes it very clear that God is an emotional God. He feels.

The Bible tells us that God is love and that He is compassionate toward us.

The Bible tells us that there are things that God hates.

The Bible tells us that there are things that God rejoices in.

The Bible tells us that there are things that grieve the heart of God.

The Bible tells us that God is a jealous God and that He is jealous of His name, that He is jealous of His land, and that He is jealous for His people (He cares about us, and He wants the best for us).

We must understand that emotions are not bad things. Quite the opposite. Emotions, the ability to feel, are good gifts from God. Can you imagine how bland and boring life would be without emotion? It would be terrible. And so, our good God gave us the ability to enjoy good things.

James 1:17 says, *“Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning.”*

While some of our emotions, are and seem unpleasant, they **ALL** are **GOOD**. Just like when God gave us our mind, when God gave us our heart, He gave it with our purpose in mind. Ultimately, our greatest purpose in life is to know God (intimately; relationally) and to live for God. Our mind allows us to **ENGAGE** with God and with the world around us and our emotions help us **ENJOY** a right relationship with God and others. I like the way somebody put it, “Emotions are connectors.” And indeed they are.

Hebrews 4:15-16 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. Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.”*