

Is It Well With Thee?

Bringing our Brokenness and our Bad Habits to Christ

IS IT WELL WITH YOUR SOUL? (THE EMOTIONS - PART 2)

This is part 35 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 and last week we transitioned from studying the **MIND** to studying the **HEART**.

Before we delved into studying the heart, we began by reviewing some key general statements that we made about the soul earlier on in the study.

Our **SOUL** is where the biggest battles of our life take place because it's **EASILY INFLUENCED**, and it's **DEEPLY IMPACTED**.

Our soul is made up of four components: (1) our **MIND** (intellect), (2) our **HEART** (emotions), (3) our **WILL** (choices), and (4) our **CONSCIENCE**.

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**

As we began to transition to study the heart, we found that while the mind and the heart are two separate functions of the soul they are intricately connected. They work together, but it's more than that: they **INFLUENCE** each other, and they are **IMPACTED** by each other).

We found that the heart is both the **EXPRESSION** of the mind and the **INFORMANT** to the mind. In other words, the heart shows what is on the mind. I said it this way: the heart **REVEALS** what we are thinking and **REACTS** according to how we are thinking. That again is one of the reasons why what and how we are thinking are so important.

We found that our emotions, our feelings, are indicators of what is going on inside of us. The Bible frequently refers to our emotions as our *reigns* because they have the ability to influence our direction.

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** and **ACCOMPLISH** a good purpose. While our mind allows us to **ENGAGE** with God and with the world around us, our emotions help us **ENJOY** a right relationship with God and with those that are around us. We concluded by identifying our emotions as *connectors*.

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 2)**

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

In moving forward, I want to spend just a few more moments on the fact that our emotions are a good gift from a good God for the purpose of helping us **ENJOY** and **ACCOMPLISH** a good purpose. We need to understand that emotions aren't just **EARTHLY** elements; emotions are **ETERNAL** elements.

In the Bible, we find that emotions are expressed in Heaven.

Psalm 16:11 says, "Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore."

In the Bible, we also find that emotions are expressed in Hell and in the lake of fire. We are told that both of those awful places are marked by torment, by weeping, by wailing, and by gnashing of teeth. All of which are either an emotion or an emotional response.

Now, it's important for us to understand that emotions aren't just earthly in nature. Why? Because it's easy to paint emotions in their entirety as a bad thing. And that's just not the case. Emotions aren't just a part of this **FALLEN WORLD**; emotions are a part of our **FUNCTIONALITY**. The reality is that without the gift of emotions we would not be able to carry out our two great purposes: (1) to love God and (2) to love others.

Mark 12:30-31 says, "And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment. And the second is like, namely this, Thou shalt love thy neighbour as thyself. There is none other commandment greater than these."

When God created mankind, He created us with the ability and the opportunity to **ENJOY** and to **EXPRESS** our emotions perfectly. Can you imagine living in the Garden of Eden? There we find that Adam and Eve's emotional state and emotional ability were a part of, *"And God saw every thing that he had made, and, behold, it was very good"* (Genesis 1:31).

You see, in our original state (creation), our emotions were given to us by God to serve primarily as *connectors*. Simply put, they enabled us to relate with God and they enabled us to relate with others and they enabled us to enjoy those relationships. Now, please don't miss that: relationships were meant to be enjoyed. We weren't created to exist in this world, we were created to enjoy living in this world as we walk with God and as we worship God and as we work before God with others. We need to understand that we weren't just designed for fellowship, but we were designed to **DESIRE** and **DELIGHT** in fellowship. It's a necessity.

Genesis 2:18 says, *“And the LORD God said, It is not good that the man should be alone; I will make him an help meet for him.”*

In the Garden of Eden, we find **EXCITEMENT**, we find **ENGAGEMENT**, and we find **ENJOYMENT**. All of which were, and still are by the way, a good thing.

Genesis 2:22-25 says, *“And the rib, which the LORD God had taken from man, made he a woman, and brought her unto the man. And Adam said, This is now bone of my bones, and flesh of my flesh: she shall be called Woman, because she was taken out of Man. Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh. And they were both naked, the man and his wife, and were not ashamed.”*

Now, please don't miss this next statement: As connectors, our emotions original intent was for the purpose of **SATISFACTION** – to enjoy a relationship with God and others.

2) The **DISTORTING** of the emotions

When Adam and Eve sinned, we saw in our last series of thoughts that sin **DARKENED** our mind. When it comes to our emotions, we find that they were **DISTORTED**. By definition, *distortion* is “the act of twisting or altering something out of its true, natural, and original state.”

We've already established the fact that we have a very real enemy that wants to rob God of the glory and honor that rightfully belongs to Him.

1 Peter 5:8 says, *“Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour.”*

That word *devour* literally means “to drink down; to gulp entirely; to swallow.” It carries with it the idea of being so entangled in a snare that your strength is entirely drained from you. While the Devil can absolutely accomplish that task by impacting how we think, he can also accomplish that task by impacting how we feel. And, in some ways, he can often accomplish that task in a greater way through our emotions. Let me say it this way: the Devil does not want us to think with the mind of Christ; the Devil wants us to feel with the fallen desires of our flesh. Why? Because he understands just how powerful emotions really are.

Have you ever stopped to consider why emotions are so powerful? The answer is simple: because they have to be in order to accomplish their additional purpose. I remind you again that initially our emotions were given to us to serve as *connectors*, but, when Adam and Eve plunged mankind into sin, our emotions now have the new responsibility to 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.

We see this all the way back in the book of Genesis.

Genesis 3:7 says, *“And the eyes of them both were opened, and they knew that they were naked; and they sewed fig leaves together, and made themselves aprons.”*

When we think about our emotions, we need to understand that they are **POWERFUL** because they are **PURPOSEFUL**. We can liken our emotions to a voice that communicates a **NEED** and/or a **DESIRE**.

LOVE communicates the desire for **COMPASSION**.

FEAR communicates the need for **PROTECTION**.

SADNESS communicates the need for **REFLECTION**.

CONCERN and **ANXIETY** communicate the need for **INTENTION**.

ANGER communicates the need for **ACTION**.

GUILT and **SHAME** communicate the need for **REDEMPTION** and **RESTORATION**.

And so, our emotions are *informers* - they're communicating something that they want to be known or that they want to be heard. Now, here's the thing: sin impacted our emotions, just like sin impacted our mind. How did sin impact our emotions? Sin **DISTORTED** them. While not every emotion that you feel is wrong or hurtful, we need to understand that they can be wrong and hurtful.

Jeremiah 17:9 says, *“The heart is deceitful above all things, and desperately wicked: who can know it?”*

The word *deceitful* means “fraudulent; crooked; confused; corrupted.”

The phrase *desperately wicked* means “to be frail; to be feeble, to be sick.”

Emotions are designed to function in our life today as a **GUAGE**, not as a **GUIDE**.