

How to be Happy Though Human

A BIBLICAL PERSPECTIVE OF PEOPLE AND PROBLEMS

Part 4 – Our Feelings as EMOTIONAL Beings

As EMOTIONAL beings it is essential that we **handle** our feelings in a **healthy** and edifying way.

- God made us with a capacity to experience a _____ of emotions.
 - Some of these emotions are very _____
 - Some of them are very _____
 - In either case, God desires that the emotions have a _____ not a _____ value in your life.
- Living daily in a _____ world presents us with endless opportunities for _____ emotions to _____
 - In heaven, _____ will be wrong with _____, but here, _____ is wrong with _____

... For we know that **the whole creation groans** and suffers the pains of childbirth together until now. And not only that, but also we ourselves, having the first fruits of the Spirit, even **we ourselves groan** within ourselves...

Romans 8:18-23 NASB

And He will wipe away every tear from their eyes; and there will **no longer be** any death; there will no longer be any **mourning, or crying, or pain ...**

Revelation 21:4 NASB

There are three clusters of emotions that _____ us most:

o _____ - often comes from having a _____ goal.

o _____ - often comes from having an _____ goal.

o _____ - often comes from having an _____ goal.

- Problem emotions become even more _____ when they are not handled _____
 - On one extreme, we try to _____ our feelings.
 - On the other extreme, we _____ our feelings.
- Between the two extremes is the healthy _____ approach.
 - _____ our feelings to God.
 - _____ them to others.
(In accordance with the will and purpose of God.)

Seeing then that **we have a great High Priest** who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us **therefore come boldly to the throne of grace**, that we may obtain mercy and find grace to help in time of need.

Hebrews 4:14-16 NKJV

Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, so that it will give grace to those who hear.

Ephesians 4:29 NASB

- Feelings must not be given authority to _____ or _____ our choices.

It's *not* hypocritical to behave contrary to our **feelings**.

It *is* hypocritical to behave contrary to our stated **convictions**.

SUMMARY



PERSONAL FULLNESS: Realizing my deep longings for security and significance are fully met in Christ alone.

RATIONAL FULLNESS: Thinking rightly and biblically, rejecting the wisdom from below and replacing it with the wisdom from above.

VOLITIONAL FULLNESS: Choosing to accept personal responsibility for my choices, goals, and desires.

EMOTIONAL FULLNESS: Fully acknowledging my feelings to God, and appropriately expressing them to others.

Additional Recommended Resources:

Basic Principles of Biblical Counseling

- Dr. Larry Crabb

Love Focused: Living Life to the Fullest

- Bob and Judy Hughes

Gentle and Lowly: The Heart of Christ for Sinners and Sufferers

- Dane Ortlund

FamilyLife.com

David, a graduate of Wheaton College, served on the staff of Campus Crusade (CRU) for 9 years and pastored for 29 years in California and Georgia.

David and Peggy spoke together for over 20 years at FamilyLife's Weekend to Remember Getaways.

The Joneses are the co-Founders and Directors of TeamMates in Ministry Inc., an Atlanta-based non-profit that has been extending biblical hospitality, counsel and encouragement to pastors, missionaries and ministry leaders since 2004.

Married for over 50 years, David and Peggy have 3 children and 12 grandchildren!



David and Peggy Jones

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