

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 **wide range** of emotions.
 - Some of these emotions are very **pleasant**.
 - Some of them are very **painful**.
 - In either case, God desires that the emotions have a **constructive** not a **destructive** value in your life.
- Living daily in a **fallen** world presents us with endless opportunities for **unpleasant** emotions to **arise**.
 - In heaven, **nothing** will be wrong with **anything**, but here, **something** is wrong with **everything**.

... 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 **trouble** us most:

- **Resentment** - often comes from having a **blocked** goal.

- **Anxiety** - often comes from having an **uncertain** goal.

- **Guilt** - often comes from having an **unreached** goal.

- Problem emotions become even more **troublesome** when they are not handled **properly**.
 - On one extreme, we try to **stuff** our feelings.
 - On the other extreme, we **impulsively dump** our feelings.
- Between the two extremes is the healthy **biblical** approach.
 - **Fully acknowledge** our feelings to God.
 - **Selectively express** 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 **determine** or **excuse** 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

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

For more information visit TeamMatesInMinistry.org