

# DO MEN HAVE EMOTIONS?

## A BIBLICAL PERSPECTIVE

There's a common belief in today's culture that men are not supposed to have emotions—that feeling makes a man weak. But is that what Scripture teaches? The answer is clear: Yes, men have emotions. And from beginning to end, the Bible shows us that even the strongest men of faith experienced deep emotion.

### MEN IN THE BIBLE EXPERIENCED EMOTIONS

Throughout Scripture, we see men who wept, grieved, rejoiced, feared, lamented, and even felt anger.

**JESUS WEPT.** *John 11:35*  
Even Jesus, the Son of God, expressed deep sorrow.

**DAVID CRIED OUT.** *Psalms 6:6*  
A man after God's own heart was not afraid to pour out his emotions honestly.

**JEREMIAH MOURNED.** *Lamentations 1:4*  
The "weeping prophet" carried the burden of God's people with compassion and tears.

**PAUL EXPRESSED SORROW.** *2 Corinthians 2:4*  
Paul spoke openly about his heartache and deep concern for others.

The biblical issue is never whether men have emotions. The issue is what we do with them.

### STEWARDING EMOTIONS GOD'S WAY

God designed men to feel deeply—but also to lead wisely. Emotions are not the enemy; they are a gift from God. What matters is stewardship.

A biblical man:

- Feels, but doesn't let his feelings lead him.
- Processes, but doesn't suppress what God created.
- Responds, but doesn't react in the flesh.
- Brings his heart to God first.

Proverbs 4:23 reminds us, "*Above all else, guard your heart, for everything you do flows from it.*"



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### EMOTIONS ARE NOT THE ENEMY

God created emotions. They help us love, empathize, connect, protect, and discern. The enemy doesn't attack our emotions—he attacks our ability to steward them.

### THE GOAL IS STEWARDSHIP, NOT SUPPRESSION

Biblical manhood is not about being emotionless; it's about being emotionally mature. God calls men to be strong, yes—but also tender, compassionate, and self-controlled.

*“For God gave us a spirit not of fear but of power and love and self-control.”*

2 TIMOTHY 1:7

### EXAMPLES OF BIBLICAL STRENGTH AND EMOTIONAL DEPTH

Strength in Scripture isn't the absence of emotion—it's the presence of character in the midst of it.

- **Joseph:** Wept over his brothers, yet forgave them and led with wisdom. (Genesis 45:1–2)
- **Moses:** Interceded with tears for Israel, then led them with courage. (Exodus 32:31–32)
- **Paul:** Faced prison and persecution, yet wrote of his deep sorrow for others. (2 Corinthians 11:28)

### A BIBLICAL PERSPECTIVE ON EMOTIONAL MATURITY

Emotional maturity is marked by four key biblical values:

1. **DISCERNMENT** – Knowing what to feel, when to speak, and how to respond. (*Proverbs 15:28*)
2. **SELF-CONTROL** – Choosing obedience over impulse. (*Proverbs 25:28*)
3. **STRENGTH** – Remaining steady in the face of pressure. (*Isaiah 40:31*)
4. **COMPASSION** – Reflecting God's heart toward others. (*Colossians 3:12*)



### THE BOTTOM LINE

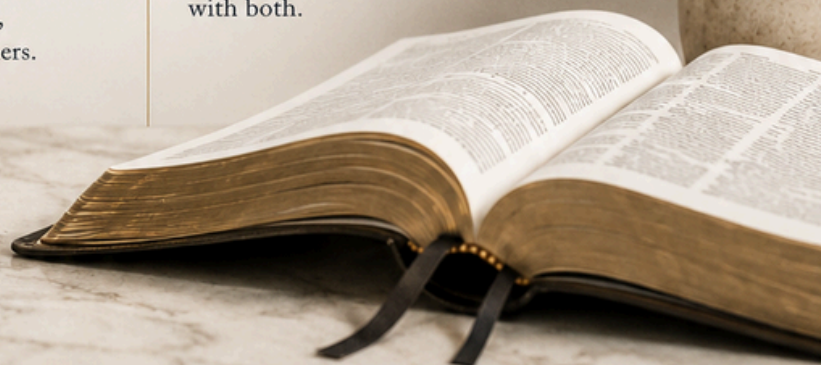
Yes, men have emotions. Jesus had them. David had them. Paul had them. And godly men today have them too.

The difference is not that godly men don't feel deeply—it's that they are led by God, not by their feelings.

*“Above all else, guard your heart, for everything you do flows from it.”*

PROVERBS 4:23

A real man feels.  
A godly man leads.  
A Kingdom man trusts God with both.



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## GOD NEVER CALLS MEN TO BE EMOTIONLESS

Nowhere in Scripture does God tell men to turn off their emotions. He calls them to surrender them.

Emotions are human.  
Surrender is spiritual.  
Stewardship is the key.

## HEALING IS BIBLICAL

Many men carry emotional wounds in silence. But God invites His sons to healing, not hiding.

*“The Lord is close to the brokenhearted and saves those who are crushed in spirit.”*

PSALM 34:18

## HOW TO STEWARD EMOTIONS GOD’S WAY

When emotions are surrendered to God, they become tools for Kingdom impact.

- **Pause and pray.** Bring every feeling to God first.
- **Seek wisdom.** Don’t make decisions in the heat of emotion.
- **Speak truth.** Be honest, but let your words build up.
- **Act in love.** Let love be the motivation behind every response.
- **Stay anchored.** Keep your identity in Christ, not in how you feel.

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*“A man who is in touch with his emotions and led by the Spirit is unshakable.”*



## A CHALLENGE FOR EVERY MAN

Don’t numb what God created.  
Don’t worship what God gave.  
Surrender it.  
Steward it.  
Let God use it.

## FINAL THOUGHT

Emotions are not a sign of weakness—they are a sign of being made in the image of God.

What matters is not the presence of emotion, but the posture of your heart.

**BE A MAN WHO FEELS DEEPLY, LOVES BOLDLY, AND FOLLOWS GOD FAITHFULLY.**

