

THE POWER TO FEEL " EMOTION "

INTRODUCTION

Emotion is another part of our personal makeup. All of us are born with the power to feel. This is not to say that a person is born with any particular emotion. **Rom 1:24-31** suggest that some emotions are prescribed by nature and are instinctive. But, the variety of emotions that we feel from day to day are developed through learning and conditioning, as we interact with our environment. For the most part this study will focus on learned and conditioned emotions. We will also discuss our deviation from our natural emotional tendencies when we allow satan to control our hearts.

Emotion is dynamic. We constantly feel emotion. However, the specific emotions that we feel and the intensity of those feelings depend on our varied and unique experiences and how we process those experiences intellectually. What are feeling at any given time is directly linked to our thoughts, values, attitudes, and beliefs about ourselves and the world in which we live.

Some types of emotions are detrimental to our health. Their abiding presence lead to many different physical and psychological illnesses. By emotional type , we mean, the moral character (good or evil) of the emotion that we are feeling which helps to motivate our actions.

The length of time that a specific emotion dominates and controls our behavior can be long term or short term.

EMOTION-DEFINED

Emotion:

An agitation; strong feeling and disturbance; A state of feeling; feeling; A departure from the normal calm state of an organism, of such nature as to include strong feeling, an impulse toward action, and certain internal physical reactions.

The emotions we experience from day to day, and from one experience to the next, range on a scale from pain to pleasure. Their intensity, type, and mode of expression, are unique to our individual experiences, and perceptions.

Sometimes it is easy to identify the emotions that we are feeling and that predominantly motivates us. But many times it is very difficult to determine what emotions predominate our behavior. It is my belief that human behavior is motivated by the entire range of emotions making up our personalities, and that the degree to which a specific emotion is felt more intensely than the others depends upon our experiences and how we face and deal with them intellectually.

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Emotional expression is often accompanied by other physical changes. Among them are: acceleration of pulse; blushing; weeping; sweating; salivating; goose pimples; butterflies in our stomach; and dryness of mouth.

Adrenalin is a hormone secreted by the Endocrine glands when under intense emotional stress. It stimulates the nervous system, constricts blood vessels, and reduces muscular fatigue, to prepare us physiologically to meet emergency situations.

EXCERCISE

In the following passages, identify the emotional mix, how it is expressed, and the situation stimulating them. Is it possible to see the connection between intellect, conscience and emotion.

Assignment

1. Example **Acts 20:36-38:**

Emotions

1. Sorrow
- 2.
- 3.

Expressions

1. Weeping
2. Fell on neck /kissed
3. Walk with him to

Situation

1. Might not see anymore
- 2.
- 3.

2. Missouri Berry **John 11:35**

Emotions

- 1.
- 2.
- 3.

Expressions

- 1.
- 2.
- 3.

Situation

- 1.
- 2.
- 3.

3. April Mckinny **Luke 15:25-28**

Emotions

- 1.
- 2.
- 3.

Expressions

- 1.
- 2.
- 3.

Situation

- 1.
- 2.
- 3.

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4. Denise Merritts
Gen 4:1-8

Emotions

- 1.
- 2.
- 3.

Expressions

- 1.
- 2.
- 3.

Situation

- 1.
- 2.
- 3.

5. Darryl Sandifer
Mark 3:1-5

Emotions

- 1.
- 2.
- 3.

Expressions

- 1.
- 2.
- 3.

Situation

- 1.
- 2.
- 3.

6. Charles Sykes
Acts 13:44-52

Emotions

- 1.
- 2.
- 3.

Expressions

- 1.
- 2.
- 3.

Situation

- 1.
- 2.
- 3.

7. Sharon Jordan
Matt 26:36-39

Emotions

- 1.
- 2.
- 3.

Expressions

- 1.
- 2.
- 3.

Situation

- 1.
- 2.
- 3.

8. Jo Lomax
Acts 8:34-40

Emotions

- 1.
- 2.
- 3.

Expressions

- 1.
- 2.
- 3.

Situation

- 1.
- 2.
- 3.

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We learned from the above exercise that emotional behavior involves thought activity, changes in physiological activity, and overt (open to view) activity. We also learned that emotions have these characteristics: (1). They have been brought into action by some stimulus; (2) they are accompanied by changes in the body; (3) they may produce an outward expression of some kind. Also, our emotions are powerful motivators of behavior.

THE GOOD AND EVILS OF EMOTION

In scripture, emotions can be placed into two broad categories: CONSTRUCTIVE AND DESTRUCTIVE. The anger and distress felt by Jesus toward the stubborn and sinful hearts of the Jewish leaders was consistent with his hatred for evil and his willingness to die to rid those same leaders of its power and control (Mark 3:1-5). We would consider the type of anger and distress that Jesus felt in this passage as morally good, constructive and the proper emotional response to sin. On the other hand, the anger that drove Cain to kill his brother Abel, was of the Devil, morally evil, and destructive not only to Abel but to himself, (Gen 4:1-5, 1 JN 3:11-13).

CONSTRUCTIVE EMOTIONS: Constructive emotions are an inherent part of the emotional temper of the regenerated nature. They develop as a consequence of our walk in the Spirit, and maturity in God's Love. They range from emotions of pain (GRIEF) to those of pleasure (JOY).

I. THEY ARE A FRUIT OF THE SPIRIT AND MOTIVATORS OF THE
THE EMOTIONAL BEHAVIOR OF THE NEW MAN. THEY STAND
IN CONTRAST TO THE DESTRUCTIVE EMOTIONS OF THE OLD
NATURE.

1. Gal 5:16-26:
2. Eph 4:31-32:
3. Col 3:8-14:
4. I Cor 13:1-7:

QUESTION: Give the constructive and destructive emotions in these passages:

CONSTRUCTIVE:

DESTRUCTIVE:

- 1.
- 2.
- 3.

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- 4.
- 5.
- 6.
- 7.
- 8.

THE VALUE OF CONSTRUCTIVE EMOTION

Constructive emotion is a blessing to our lives. The most precious moments of our lives are those saturated with constructive emotion. Think of how depressing your Christian life would be without feelings of joy, compassion, love, friendship, and even grief, sorrow and the hatred for sin produced by God. These all contribute to giving our Christian life a wholesomely balanced emotional existence. In fact, these emotions constitute a quality of emotional life that is God's precious gift to mankind through the present work of the Holy Spirit. We can experience them only as we live in fellowship with Him.

Just think of how cold, and discouraging our assembly would be, if it had no caring, loving, joyful, kind and God-fearing people. When we allow God to create in our hearts the emotional disposition of the New Man, our lives are a tremendous blessing to the people that he place in our paths.

Spiritual emotion enriches life in its various forms of excitement, happiness, success, friendship, as well as in times of grief and disappointment.

I. Spiritual grief and sorrow are the bases for joy and true happiness.

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1. Matt 5:4: Grief over personal sin leads to happiness
 2. 2 Cor 6:10: Sorrowful yet always rejoicing
 3. Jn 16:20-22: Grief turn to joy
 4. Luke 6:21: Weep now rejoicing later

II. Joy in christian suffering:

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1. Matt 5:11-12: Rejoicing in persecution
 2. Acts 5:41: Joy in disgrace
 3. James 1:1-4: Joy in knowing the purpose of suffering

III. Godly Fear:

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1. Psalm 112:1: Tied to true happiness
 2. Prov. 1:7: Beginning of true knowledge
 3. Eccl. 12:13: Man's duty
 4. Heb 12:28: Important aspect of acceptable worship

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IV. Motivates right behavior:

1. Fear: Abiding aspect of the Christian walk (Acts 9:31).
2. Hate: Hate evil/embrace good (Rom 12:9, Ps 97:10).
3. Joy: Fulfillment of our ministries (Acts 20:24).
4. Sorrow: Worketh repentance (2 Cor 7:10)
5. " " " Motivated Paul's writings (2 Cor. 2:4)
6. Compassion: Motivated Jesus to heal others (Mk. 1:

V. Facilitates christian bonding:

1. Rom 12:15: Sharing of joys and sorrows
2. 1 Pet 3:8: Mutual love, compassion, and sympathy

Certainly we can see the value of spiritual emotion in our lives when we think of all the good impulses and the good actions that arise from the variations of emotions characterizing the personality of a faithful child of God.

Spiritual emotion, both painful and pleasant, are a great part of being a truly happy person. I believe that when a person is happy, he is healthier than he is when he is frustrated, depressed, worried, and despaired.

THE EVILS OF EMOTIONS

Destructive emotions, as defined here, are those array of different emotions that are a part of the old sinful personality. They are of no benefit to us and are an inherent aspect of our predisposition to sin. They are produced in our hearts as we live under the control and power of Satan and sin. They are of a different moral quality than those produced by the Holy Spirit and are contrary to them. Like spiritual emotion they range on a scale from those of pain to those pleasure.

Destructive feelings are an inherent part of the emotional makeup of the unregenerate personality. Their origin is earthly and devilish. Manifested wherever Satan is allow to control our lives.

I. Their orgin are Satanic.

1. Gen 4:1-8; 1 Jn 3:12-15
2. James 3:13-16

II. They are an Inherent part of The unregenerated personality and are renounced and put to death by the present work of the Holy Spirit.

- (1. Eph 4:22,31; Col 3:5-9; Rom 8:13)

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III. They are contrary to those produced by the Holy Spirit.

(1. 1 Pet 3:8-9; 1 Cor 13:4,6; Gal 5:16-26)

IV. They motivate destructive behavior, and cause unnecessary pain for Christians.

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1. James 3:16: Confusion and every evil work
 2. Gen 4:6-8; Acts 7:54-60; Matt 27:18: Murder
 3. Matt 27:4-5: Worldly sorrow can lead to suicide
 4. 1 Cor 8:8-12; Rom 14:1,2,14,15,17,22,23; 1 Thess 3:14-18: Unnecessary emotional stress caused by ignorance of God's will.
 5. 1 Cor 3:3, 1 Cor 11:17-18: They destroy Church unity.
 6. Read the following Old Testament story of Saul.

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1. Determine the range of emotions in the verses given that motivated his action to kill David.
 2. What behaviors are evident. Discuss the link between his thoughts his emotions and actions.
 3. Discuss the physiological effects on his life.
 4. Discuss Saul's emotional motivation that lead to his desire to kill David and eventually commit suicide.

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1. 1 Sam 18:28-29
 2. 1 Sam 19:4-6,10
 3. 1 Sam 20:27-34
 4. 1 Sam 28:5,20
 5. 1 Sam 31:4-5