

# What am I Missing Here?

## Steps to Recovering Your Joy

7/18/2010

Calvary Baptist Church

Ephesians 5:14

### SERMON 2: The Fallacy of Living In Your Feelings

*Why am I not finding joy in the Lord?*

#### REVIEW

1) Dispositions differ

2) Emotions are not the test of our spiritual state.

- In our last sermon, we considered that a lack of joy may be traced to one's failure to distinguish between his standing (or position in Christ) and his circumstances.
- Today: Perhaps You Live Too Much In Your Feelings, Too Little In Your Will

#### OPEN:

**QUOTE:** We have no direct control over our feelings, but we have over our will. Our wills are ours, to make them God's. God does not hold us responsible for what we feel, but for what we will. In His sight we're not what we feel, but what we will. Let us, therefore, not live in the summerhouse of emotion, but in the central citadel of the will, wholly yielded and devoted to the will of God. *F.B. Meyer*

**QUOTE:** A feeling is an internal sensation or emotion. It is an involuntary response to a mental or physical stimulus. Since feelings are involuntary they are neither right nor wrong. They just are. However, what we do about our feelings are right or wrong, good or bad. Too often the actions we take and how we deal with our feelings is wrong. (Gerald Flury)

#### I. Bible Terminology

According to biblical usage, the heart is the source from which the emotions flow. *Dictionary of Biblical Imagery*

- Joy (Ex 4:14).
- Hatred (Leviticus 19:17)
- Fear (Deut 1:28)
- Courage (Ps 27:3).
- Despair (Deut 28:65),
- Sadness (Neh 2:2),
- Trust (Ps 28:7)
- Anger (Ps 39:3)

#### II. It is Not Sin to Experience Negative Feelings. Jesus Experienced ...

A. Anger (Mark 3:5)

B. Disgust (Mark 8:12)

C. Distress (John 12:27)

D. Loneliness (Mt. 26:38)

E. Sorrow (Lk. 19:41; Jn. 11:35) (*Baker's Topical Analysis*)

F. Yet He Never Sinned!

#### III. Emotions are an Unreliable Source of Truth

A. Our Emotions Deceive Us (Jer. 17:9)

B. God Calls Those Who Trust Emotions "Fools." (Pr. 28:26)

**QUOTE:** "Emotions don't make a good engine. They only make a good caboose." - *Robert AuBuchon, Trinity Baptist Church*

#### IV. A More Reliable Source for Truth (2 Peter 1:19-21)

##### CONCLUDING APPLICATION TO PART I

**QUOTE:** Reality-test your perceptions. Anyone who is feeling despair will have his or her view of things colored by the emotion. Elijah felt alone, but God told His prophet he was one of thousands who worship Him. Let facts shape your feelings, rather than letting your feelings distort the facts (1 Kings 19:18). *Bible Reader's Companion*