

Introduction: Do your feelings _____? _____ they do! How well did you _____ last week? How much sleep do you lose due to _____, fear, or a mind that won't calm down? How much money do you spend on supplements or _____ to help you sleep?

- Some stats on anti anxiety meds: Today more than 40 million adults in the United States suffer from anxiety, and it is the most common mental illness in the United States.
- Overdose deaths involving benzodiazepines — such as Xanax, Librium, Valium and Ativan, drugs commonly used to treat anxiety, phobias, panic attacks, seizures and insomnia — have quadrupled between 2002 and 2015, according to the National Institute on Drug Abuse.
- The trend is being fueled by a 67 percent rise in prescriptions.
- The market for benzos, as they are called, is expected to reach \$3.8 billion in the U.S. by 2020, reports Zion Market Research.
- Among teens (13-19 years old), the use of these medications rose 38%. This dramatic increase in antidepressant use was seen among both boys and girls, but the ratio use remained relatively constant with twice as many girls (10.2%) than boys (5.7%) in that age group taking an antidepressant in 2019
- Every heard of _____? How much of this discipline is dedicated to help us address feelings connected to past trauma?
- How many _____ have been written and sermons have been preached to help us address shame, guilt, worry, and anger?
- There may be times when we wish we couldn't feel, but really think that through. Would you really want to lose the ability to enjoy and delight?
- A _____ important question: Does God care about our feelings? _____? "You have kept count of my tossings; put my tears in your bottle. Are they not in your book?" (Psalm 56:8, ESV) "Go and say to Hezekiah, Thus says the Lord, the God of David your father: I have heard your prayer; I have seen your tears. Behold, I will add fifteen years to your life." (Isaiah 38:5, ESV) "Those who sow in tears shall reap with shouts of joy!" (Psalm 126:5, ESV) "Then the Lord said, "I have surely seen the affliction of my people who are in Egypt and have heard their cry because of their taskmasters. I know their sufferings," (Exodus 3:7, ESV)

Goals of this sermon series:

- _____-t are emotions?
- Were emotions part of _____?
- Where do emotions come from?
- _____ did God give us emotions?
- Does God have emotions
- Should we try to _____ our emotions
- Can we direct our emotions?

Key thought: Emotions are a _____ from God? Why did He give them to us?

- I. Emotions play a _____ role in Scripture.
 - A. David's anger compelled him to kill Nabal after Nabal showed him disrespect 1 Samuel 25:14
 - B. David's joy allowed him to unashamedly dance before the Lord (embarrassed his wife). 2 Samuel 6:11
 - C. Jesus' anger compelled him to cleanse the temple (2x) John 2:11ff
 - D. Jesus love compelled him to weep at Lazarus tomb. John 11.35
 - E. The first three fruits of the HS are at least partially, if not predominately emotions.
- II. We have emotions because we are made in God's image and _____ emotions. "Can a woman forget her nursing child, that she should have no compassion on the son of her

womb? Even these may forget, yet I will not forget you.” (Isaiah 49:15, ESV) “and behold, a voice from heaven said, “This is my beloved Son, with whom I am well pleased.”” (Matthew 3:17, ESV)

- A. A warning: Don’t read our emotions onto God. He doesn’t feel the way we do. He cannot be manipulated by us. The doctrine of divine impassibility: impassibility is the doctrine that God is not able to suffer or be changed by involuntary passions... The basic concern here is an important one: the Bible is clear that God is not dependent on his creation in any way (i.e., he is truly transcendent), and therefore he cannot be at its mercy, involuntarily affected by it, reeling in reaction to what he has made, and thus on some level controlled by it. Alister Groves
- B. God’s feelings toward us are rooted in Christ’s work of mediation. “Jesus flesh and bone are proof that God has established a deep connection to our emotional experiences and he wants us to know about it. Alister Groves. “For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.” (Hebrews 4:15–16, ESV)
- C. Emotions are good because they were a part of God’s original creation. God not only wanted us to be good stewards of creation He wanted us to be able to love it.

III. God gave us emotions so we could have a _____ relationship with God, others and creation.

- A. Emotions communicate _____. Did Paul care about the Thessalonians? He was so concerned that he sent Timothy to find out how they were doing and he then rejoiced when Timothy brought him great news (vs 1,6)
 - 1. God can have good purposes for “bad” emotions. Jesus was not only sad at Lazarus tomb he was angry. Like an “inner roar”
 - 2. This will cause us to have mixed emotions: Buying a new house can bring joy thinking of future children, laughter and entertaining. Buying a house can bring great fear because unfamiliarity, the mortgage.
 - 3. What you care about shapes how you feel
- B. ‘Emotions help us _____. Was Paul connected to the Thessalonians? (Vs 11) He was asking God to allow him to see them again. When we share stories we connect with one another. Value of small groups. “Rejoice with those who rejoice, weep with those who weep.” (Romans 12:15, ESV)
- C. Emotions _____ us. (Vs 7-8) in the midst of great suffering and trial Paul is encouraged by the news they are standing firm. “Now we live, if you are...” We often think of Paul as a dogged, determined singleminded warrior for Christ. He was deeply influenced by Christ. They give us the energy to obey. Isaiah 6 “Here am I send me.”
- D. Emotions _____ us to worship. (Vs. 9,10) The joy of hearing of their faith moved him to Thanksgiving to God. Emotion is often the difference between heartfelt faith and religious ritual. Guilt leads us to confession- “Against you, you only, have I sinned and done what is evil in your sight,... (Psalm 51:4, ESV)

Conclusion: Emotions allow us to experience color, not just _____. Poetry communicates what prose cannot. “Two roads diverged in a wood, and I—I took the one less traveled by, And that has made all the difference.” Robert Frost