



## Have Godly Emotions



Emotions were a part of Jesus' life, but they didn't control Him. He was able to obey God no matter how His emotions were going. He did things by His love for God and His people, not by how He felt about it.



The Bible records Jesus experiencing many emotions. He leaped for joy, He cried at the tomb of his friend Lazarus, He deeply loved many people such as Mary and Martha and His disciples, He experienced such anguish in prayer the night in the garden of Gethsemane, before He died on the cross, that His sweat became drops of blood falling to the ground, but He went ahead with His crucifixion anyway.

Our Lord wants us to have the same control that He had, the same ability to handle our emotions in the circumstances of our lives. He will help us because it is God's desire that the character of Jesus would be formed in us by following His examples in life. The way to get our emotions to be godly emotions is to see them as our servants, not our enemies, or our master.

To regard our emotions like enemies is like trying to keep a tiger in the basement of our house. Even after we barricaded the door by sliding a dresser in front of it to keep the tiger from getting out, that wouldn't solve the problem because it would start to roar at being caged up. Our neighbors would begin to ask about the roaring, but we would probably say, "what roaring?" – attempting to deny we had an emotional tiger in our basement. Fear would grow worse as we keep feeling that if that tiger ever gets out it's going to tear up the house, and hurt us.



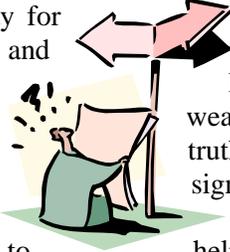
Sometimes when we have a problem with uncontrollable feelings, we take this "tiger in the basement" approach. It may be a problem with uncontrollable anger, or guilt over sexual feelings or misconduct, or fear about being able to raise our kids, or how they are going to turn out, or we may feel bitter about what is happening to our marriage, or we may feel desperately unloved by family, friends and even God. But, if someone notices that we are trying to close a door on our emotions and asks us why we're so anxious or worried, we usually deny there is a problem – keeping it locked up in the basement, but still roaring.

The reason we don't want to talk about our emotions is because we don't want to have to deal with them, so we clamp down on them, determined not to let them move an inch. The only trouble is, our willpower makes our emotions rebel and things get worse instead of better.

On the other hand, letting emotions out so they become our masters can be just as bad for us. They turn us into someone who is subject to moodiness, depression, outbursts of temper or rage, fits of irritability, and crying spells. Then we look for someone to pray for us that God would somehow heal us on the inside. But, that's not the way it works.

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God gave us our emotions. He has emotions. Jesus has emotions. He did not give us emotions so we would have emotional problems. He did not create emotions just to enjoy entertainment – He gave us emotions so we could live a godly life and serve Him with godly emotions. We need them or we could not survive. Fear protects us from danger. Anger can make us overcome obstacles. Love makes the pathway for sharing Jesus with the lost and wounded of this world. Sympathy and sorrow keep our hearts soft with compassion. Discouragement keeps us on our knees before God. Hatred reveals our human weakness and keeps us humble. All emotions are road signs to reveal truth about ourselves if we will be honest with ourselves and read those road signs before we go the wrong way.



Making our emotions into servants to help us is like driving a car. A car in gear with the motor running without someone at the controls is a wild thing that can cause a lot of damage to ourselves and to others. But, when the car is being driven correctly, with a rational person at the wheel, with her seat belt fastened, that car becomes a very valuable servant that we use to take us down the right roads to get where we want to go.

Just as we take an active approach when we get in our car to go somewhere, we must also take an active approach to bring our emotions into obedience. In our Christian lives, instead of passively waiting for everything to get better, we need to take action. The place we have to take this action is in our thoughts. **EMOTIONS FOLLOW THOUGHTS! YOUR EMOTIONS FOLLOW YOUR THOUGHTS!** Please hear this! It can change your life. If your emotions are out of control it is because of thoughts of the past that you keep filling your mind with. Each memory has emotions that rise up when you bring it to mind.

*“But, now put away and rid yourselves of all anger, rage, bad feelings toward others, cursing, slander, bad mouth abuse, and shameful words from your lips! Do not lie to one another for you have taken off the old you with it’s evil practices, and have put on your new spiritual self, which is in the process of being renewed and molded into the fuller knowledge of Him, after His image and likeness.” (Colossians 3:8-10)*

*“Cast down imaginations (thoughts), and every thought that lifts itself up against the knowledge of God, and bring into captivity (in your mind) every thought to the obedience of Christ.” (2 Corinthians 10:5)*



## *Have Godly Emotions*

1. Jesus had emotions like we do, name four strong ones He had.

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2. Why is it important for us to control our emotions like Jesus did?

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3. What is the way to get our emotions to be godly emotions?

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4. Why don't we usually want to talk about our emotions?

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5. When we try to handle our emotions by willpower, what happens?

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6. Why is letting our emotions out all the time just as bad?

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7. Why did God give us emotions?

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8. Why are emotions like road signs for us?

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9. In our Christian lives, instead of passively waiting for things to change, what must we do?

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10. Why does this action have to be taken in our thoughts?

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11. How do I take this action? (2 Corinthians 10:5)  
(The answer to this question will be your memory verse)

MEMORY VERSE \_\_\_\_\_

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## *Have Godly Emotions*

1. Jesus had emotions like we do, name four strong ones He had.

Joy,                    Crying,                    Love,                    Anguish.

2. Why is it important for us to control our emotions like Jesus did?

So the character of Jesus can be formed in us.

3. What is the way to get our emotions to be godly emotions?

To see them as our servants, not our enemies or our masters.

4. Why don't we usually want to talk about our emotions?

Because we don't want to have to deal with them.

5. When we try to handle our emotions by willpower, what happens?

Our emotions rebel and things get worse instead of better.

6. Why is letting our emotions out all the time just as bad?

They become our masters and we are subject to them all the time.

7. Why did God give us emotions?

So we could live a godly life and serve Him with godly emotions.

8. Why are emotions like road signs for us?

They will reveal truth about ourselves if we will read them.

9. In our Christian lives, instead of passively waiting for things to change, what must we do?

Take action.

10. Why does this action have to be taken in our thoughts?

Because our emotions follow our thoughts!

11. How do I take this action? (2 Corinthians 10:5)

MEMORY VERSE "Cast down imaginations and every thought that lifts itself against the knowledge of God, and bring into captivity every thought to the obedience of Christ."