

Who Am I?

Understanding Why I Feel This Way

(II Ti 1:7)

INTRODUCTION

1. Good Evening
 - a. Greeting...
2. Series of lessons asking the question "Who Am I?"
 - a. Last we looked at "understanding why I did that."
 - b. This week we are going to look at "understanding why I feel this way."
3. There is a false notion out there in the world...
 - a. If it feels good do it.
 - i. The idea behind this is that someone should only do those things that encourages "good feelings."
 - ii. Thus one is to avoid those things that do not make one "happy."
 - b. The truth is, feelings are not facts.
 - i. Example: A mother is informed that her military son has been killed in action. She wept for weeks hardly able to get out of bed because of the sorrow. After some time it was discovered that there was a mistake made and that her son was still alive.
 - ii. Feelings can lead one the wrong direction based on erroneous facts.
 1. This mother emotionally felt the same as if her son was dead even though he was not. Facts and feelings are not the same.
 - c. Where am I going with this?
 - i. We must understand that wise decisions require more than emotional guidance.
 1. Have you ever heard a person say, who was in the wrong, I did what I felt was right.
 - a. Like the person who is hungry and steals, they felt they were right in doing so though they were wrong.
 - b. Or the person who says I feel I'm right with God even though they are not doing much of anything the Bible says to do.
4. Thus we need to understand our feelings so that we can make proper decisions.
 - a. **Pr 12:15** "The way of a fool is right in his own eyes..."¹
 - b. **Pr 14:12** "There is a way that seems right to a man, but its end is the way to death."
 - i. In other words left to our own devices we will mess things up spiritually, therefore we need to understand how we are to work within the confines of God's Word if we want the best results.

I. Feelings

- A. Emotions influence our behavior
 1. At anytime we can be in a situation that causes feelings
 - i. These feelings will be either positive or negative.
 - ii. The effect of the emotional response will be either productive or destructive.

¹ All Scriptures are taken from the ESV unless otherwise noted. The use of a different translation does not imply that I endorse said translation as a whole.

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2. All emotions will create a behavior.
 - i. The behavior can be rambunctious or calm; however there will always be a reaction of some sort.
 3. We express these behaviors in one of two ways.
 - i. Verbal – either negative or positive.
 - ii. Non-verbal – either negative or positive.
 4. This is where we get our personality.
 - i. Our personality is a combination of thoughts, actions, and feelings.
 - a. "The way we behave will depend upon what we think and how we feel about what we think." (NLBM Lesson 8 by Brewer, Bill & Brown, Shelley & Motsinger, Hilery M. pg. 3)
- B. Emotions are in our minds
1. Emotions or feelings are a product of what the mind dwells on or perceives.
 2. It doesn't matter if the mind knows if a statement or event is true or not, it will produce emotions in harmony with that it's thinking.
 - i. Example: Tear jerker movie. You know it is fantasy but you still cry.
 3. We can also place a wrong interpretation on a fact that will create an inaccurate emotion.
 - i. It then is our perception of an event that makes us feel a certain way rather than another way.
 4. It's important to remember that the mind is the core of our thoughts, feelings and behavior.
 - i. The "heart" is in the mind therefore, and thus emotions are in the mind.
- C. Feelings are reactions
1. Any situation we come across can trigger an emotional response.
 - i. We might react with fear, panic, joy, sadness...
 2. There are four things that happen when we encounter these situations.
 - i. We will experience an emotion or feeling to the situation.
 - ii. We will contemplate the event that has happened.
 - iii. We will experience chemical changes in our bodies.
 - a. These will produce either a natural calming effect or a natural stimulating effect.
 - iv. We will experience an outward response.
 - a. These four things happen in a split second.
- D. Remember God created us with feelings
1. We therefore can reason that God has given us the ability to understand our feelings or emotions so we can enjoy them and use them rather than be victimized by them.
 2. We must remember that feelings are neither negative or positive.
 - i. They are a part of us but we react to them in a negative or a positive way. The emotion is neither.

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II. Negative Feelings

- A. Adam and Eve (**Gn 3:1-24**)
 - 1. Adam & Eve walked with God.
 - 2. Their decision to follow up their "feelings" in a negative way or only being concerned with what "felt good" led to their removal from the Garden of Eden.
- B. Moses (**Nu 20:8-12**)
 - 1. Moses was one that is called a friend of God.
 - 2. His decision to follow up his "feelings" of anger in a negative way by hitting the rock instead of speaking to it, kept him from entering the promise land.
- C. Peter (**Mt 14:25-31**)
 - 1. Peter was one that was given the keys to the kingdom.
 - 2. Yet his decision to follow up his "feelings" of fear led him to start sinking into the very water of which he had already been walking on to Christ.
- D. Judas (**Mt 27:5**)
 - 1. Judas one of the original twelve chosen whom were the closes with Jesus while He was here on earth.
 - 2. His decision to follow up his "feelings" of guilt led him to hang himself and this kept him from repenting and coming back to God.
- E. These negative reactions to feelings was based on selfishness or a trust in themselves more than God

III. Positive Feelings

- A. Joshua (**Jo 24:15**)
 - 1. Joshua was a great leader for God, after Moses. Joshua was asked by God to lead His people to the promise land and to help them conquer it.
 - 2. Joshua's decision to follow up his "feelings" was based on a positive feeling toward God.
 - i. This decision allowed Joshua to lead God's people to the promised land.
- B. Elijah (**I Ki 18**)
 - 1. Elijah, a prophet of God Almighty, had done many miracles through God.
 - 2. His decision to follow up his "feelings" was based on confidence in God so that he could stand before the 450 pagan prophets of Baal.
 - i. This decision could have been negative easily if Elijah had not known God and had confidence in Him.
- C. Ruth (**Ru 1-4**)
 - 1. Ruth was one of the few Gentile women to be a part of the lineage of Christ.
 - 2. Her decision to follow up her "feelings" to follow Naomi was based on her love and devotion to Naomi.
 - i. This decision made it so that Ruth found a better land, a better family, and most of all, she found Jehovah God.
- D. These positive reactions to feelings was based on a love and trust in God or those who trusted in God and His great might

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IV. Our Feelings Our Responsibility

- A. It is important to remember that we produce our own emotions
 - 1. Someone once said, "no one can make me angry or glad."
 - i. We decide for ourselves if we are going to be angry or glad, or whether we are going to be disappointed, happy, loving or even in fear.
- B. Emotions involve reactions to experiences that are based on life situations
 - 1. The four G's play a role in our behavior to our emotions.
 - i. Gene's, Groups, Guidelines, Goals.
 - 2. They are not the only or last role however as we have a choice how we act based on our emotions.
 - i. How many times have we acted badly in anger and have said, "he/she made me do such and such?"
 - ii. The truth is we chose to become angry first and foremost. We did not "have" to become angry.
 - a. In fact we could have chosen a different emotion like joy.
 - 1. **Ja 1:2** "Count it all joy, my brothers, when you meet trials of various kinds"
 - b. How is this possible?
 - 1. **Pr 24:19** "Fret not yourself because of evildoers, and be not envious of the wicked"
 - i. Notice we don't have to become angry or fret.
 - 3. A great example.
 - i. How many people are depressed when it is a gloomy and dreary day.
 - ii. How many people are happy at the same type of day.
 - a. It is a matter of choice. We choice which we will be based on the situation or event.
- C. That is why we need the mind of Christ
 - 1. If we are responsible for our emotions than we can see the very real importance of having control over our mind.
 - i. Hence having the mind of Christ instead.
 - a. **Ph 2:5** "Have this mind among yourselves, which is yours in Christ Jesus"
 - 2. Once again emotions are neither right nor wrong; however they are either productive or destructive.
 - i. That is why we must understand that God has made the body so that all righteous emotions, righteous thoughts, and righteous attitudes produce righteous behavior.
 - a. **Ga 6:7-8** "Do not be deceived: God is not mocked, for whatever one sows, that will he also reap. 8 For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life."
 - ii. And thus if we do not win over destructive emotions destructive emotions will win over us.

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CONCLUSION

1. Let us consider the words of Paul, inspired by God "Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person" ([Co 4:6](#)).
2. Question: Do you understand your emotions or feelings?