

Introduction-Chapter 3

Feelings and Faith

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"God gives emotions for a specific purpose. They are necessary for us to properly know and relate to and glorify God."

Warm Up:

1. **Memory Verse:** "All Scripture is profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be competent, equipped for every good work" (2 Tim. 3:16-17).
2. The author writes that "emotions are the language of the soul, they are the cry that gives the heart a voice" (pg. 27). Recall the last time you experienced an emotional upset. What were the circumstances? Describe your emotions. What were you thinking upon? How did you respond in light of your emotions?

Prepare and Discuss:

3. According to your reading, if our emotions are to be "sanctified and conformed into the image of Christ" (p. 22)...
 - a. What must we have a full confidence in (Heb. 4:12)?
 - b. What must we be committed to (Ps. 19: 7-11; 2 Pet. 1:3; 2 Tim. 3:16-17)?
 - c. Once that commitment and confidence are firmly in place, what will God do to the believer (Jn 14:26; 15:1-8; Ps. 1:2-3)?

4. Many Christians can be easily “influenced by a very secularized culture and fall prey to a shallow and godless view of the emotions” (p.23). In light of that, list some *misconceptions* about emotions from your reading (p. 23-25). Have you believed any of these misconceptions yourself? What kind of an impact might that have on you if you embrace any one of these misconceptions?

5. There are two views given in the reading on emotions: one sees the emotions as unrelated to the mind or thinking (the non-cognitive view). The other sees the emotions directly related to the mind or thinking (the cognitive view) (p. 25-27). Which view does the author take and why?

6. In order to build a biblical-theological foundation of emotions, we must start with God (Rom. 11:36). **Survey chapter one** and list out some of the ways God expresses emotions (p. 32-41).

7. People are made in the image of God—thus we have emotions and are able to express emotions. Unfortunately the fall ruined our emotional state but in redemption, God is putting things back into alignment; He is recreating us in the image of Christ (p. 55). What does the process of re-creation look like in the believer today (Rom. 12: 2; Phil. 2: 12–13; 1 John 2: 17; 1 John 2: 15–17; Eph. 5: 1–2)? How does that bring you hope?

Application:

8. Because man is made in the image of God, as you begin to understand God and His emotions better, list out ways in which it helps you to understand yourself better?

9. Based on what you've gleaned from the reading, and your study time, as you consider the emotional upset from question one, how would you have responded differently and why?

10. What were some foundational perspectives in the reading that you plan to apply so that you can move forward in your spiritual and emotional growth?