

# What am I Missing Here?

Steps to Recovering Your Joy

7/18 and 25/2010

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

## 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 ...

Anger (Mark 3:5), Disgust (Mark 8:12), Distress (John 12:27), Loneliness (Mt. 26:38), Sorrow (Lk. 19:41; Jn. 11:35). 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)

## V. Why emotions are unreliable.

A. The Source may be wrong (Acts 5:3; Eph. 4:27; 1 Peter 5:8-9; Prov. 28:26)

- Feelings may come from God, from Satan, from our Flesh

B. Feeling is not fact (1 Kings 19:4,18; 2 Cor. 10:5)

C. Feelings change, truth does not! (Ps. 19:7-9)

ILLUS: Someone asked Luther, "Do you feel that you have been forgiven?" He answered, "No! but I'm as sure as there's a God in Heaven."

Feelings come and feelings go

And feelings are deceiving;

My warrant is the Word of God,

Naught else is worth believing. (Luther)

## VI. God directs His will to our will, not our feelings. (Jn. 14:7; Phil. 4:6; Mk. 11:25; Ps. 42:5-6)

- We must remind ourselves of the facts and not yield to our feelings.

## VII. The revealed will of God must take priority over feelings (Eph. 4:8, 12; Mt. 25)

- God does not rationalize laziness.
- "But I don't feel led to serve." Quit following your feelings, read the book!

QUOTE: Obedience means marching right on whether we feel like it or not. Many times we go against our feelings. Faith is one thing, feeling is another. (Moody)

## VIII. God gives assurance based on fact, not feeling (John 5:24; 1 Jn. 1:9; 3:1; 5:1)

- I have rarely seen those struggling with doubts who are wrestling with revealed truth.
- They are usually wrestling with feelings and I must point them to revealed truth.

## IX. God commands our behavior and does not excuse us because of emotions. (Pr. 3:5-6; James 4:17)

- Either you will control your feelings or your feelings will control you.

## CONCLUSION (Acts 24:24-25)