

**Session 1: Emotions and Our Anchor, GOD**  
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Student Notes

**Introduction: waves**

1. Hebrews 6:13-19. The anchor is Jesus Christ and His gospel  
(1 Tim 1:1; Col. 1:5)
2. *Homework:* Memorize Hebrews 6:18-19.

**Worldly Perspectives**

1. How many? 6, 8, 17, >100
2. Bad and need to be suppressed
3. Irrelevant and unnecessary
4. Morally neutral (Rogers)
5. Most important thing about us
  - a. determine duty (can't-- I don't feel like it; had to--felt like it.)
  - b. determine truth (its only true if I feel it to be true)
6. Personality types / temperaments: "It's just the way I'm wired" Is that what should rule? Versus Holy Spirit rule.
7. Therapeutic Society in search of wellness: Emotions Anonymous
8. Biological Reductionism-materialistic determinism: Emotions due to brain structure or physiology...the body rules. Evolutionary perspective
  - a. We are subject to our emotions
  - b. Medical model
  - c. THE answer: Chemical fix

**Theological Perspective: 10 fingers of truth for a solid grip on the anchor**

**First Hand: Emotional Doctrine (fingers 1-5)**

1. God is emotional: Isaiah 62:5
  - a. God delights in His Son (Isaiah 42:1)
  - b. God delights in justice and righteousness (Psalm 33:5)
  - c. God rejoices in His people (Zeph 3:17; Isaiah 62:5; Jer. 32:41)
  - d. God grieves and has sorrow (Gen 6:5-6; Jer. 2; Hosea 11:8)
  - e. God experiences anger and wrath (Psalm 7:11; Romans 1:8)
  - f. God feels compassion and tenderness (Psalm 103:13; Isaiah 49:15)
  - g. God is loving (1 John 4:8; 16)

*Homework: Read each reference listed in these notes about God's emotions. Spend a moment pondering the importance of God being emotional. How does that change how you have perceived Him?*

2. Emotions are essentially spiritual: John 4:24
  - a. Inner man, outer man (Rom. 7:22; Eph 3:16; 2 cor. 4:7; 2 Cor. 4:16; Mt. 10:28; Rom. 8:10.)
  - b. Emotions come from the inner man

*Homework: Memorize 2 Corinthians 4:16*

3. Created in the image of God: Genesis 1:26-27
  - a. Emotions are normal!
  - b. Commanded to be emotional...
    1. joyful/rejoicing (Phil 4:4)
    2. loving (Mt. 22:37)
    3. fear (1 Peter 1:17)
    4. peaceful (Col. 3:15)
    5. tenderhearted (Eph 4:32)
    6. mourn over sin (James 4:9)
    7. self-control (1 Cor. 9:25; Gal 5:22; 1 Pet. 4:7)

*Homework: Read all the commands God gives about how we are to feel. Compare that with how your heart feels. How do you need to change to follow God's word?*

4. Emotions are fallen, but redeemable: Romans 3:23-24
  - a. Fallen Minds (Romans 1:21;28; 8: 6-7; Eph 4:17)
  - b. Fallen Wills (Romans 7:14-25) we don't do what is right
  - c. Fallen Emotions (Jer. 2:13; John 3:19)
  - d. Redeemable minds (Romans 12:2; Eph 4:23) renew your mind
  - e. Redeemable wills (Phil. 2:12; 1 John 2:17)
  - f. Redeemable emotions (1 John 2:15-17; Eph. 5:1-2; Mt. 13:44; John 6:35; 1 Peter 1:8)

*Homework: Memorize Romans 3:23-24; Ephesians 5:1-2.*

5. The Workings of Emotion: Proverbs 4:23 Guard your heart!
  - a. Genesis 4:7 The example of Cain. Do right → Feel right
  - b. Sorrow, anger and deep grief can be the right way to feel: feel like God feels about things
  - c. John 13:17 Jesus washes the disciples feet
  - d. Matthew 5: 3-12
  - e. Emotions express the desires, thoughts and evaluations of a person, (responsive) and influence motives and behavior (preparatory).
    1. Emotions are **responsive**: they are an indicator of what is in the heart:  
 (example of snow in early summer) 
    2. Emotions are **preparatory**: anger, guilt, sorrow, joy motivate behavior
    3. Wrong thoughts and desires → wrong emotions

4. Desire/thought/emotion relationship: I feel what I feel because I think what I think and want what I want in my heart. My emotions will change according to whether I perceive that my **ruling desires** are met, or unmet.
  - affirmation; attention/approval, love
  - money
  - control
  - pleasure
  - achievement
  - health
  
5. Submitting my desires to God. His will, His glory, pleasing Him, loving Him, enjoying Him becomes my one ruling desire → appropriate emotions.

*Homework: Memorize Genesis 4:7; John 13:17; Matthew 5:3-12.*

### **Second Hand: Handling Emotions through truth**

6. Epistemology: determine your source of truth John 17:17; 8:31-32
  - a. Experience can be an unreliable source of truth: experience must be interpreted by God's word.
  - b. We are not to judge God's character by our experience (Job 38:2,4; Job 40:2, 6-8.) We don't have to understand everything before we believe. That's faith. We walk by faith and not by sight.

*Homework: Memorize John 17:17*

*If you have been judging God by your experience, you can follow Job's example.*

*Pray this prayer found in Job 42: 2, 6.*

*"I know that You can do all things, And that no purpose of Yours can be thwarted. Therefore I have declared that which I did not understand, Things too wonderful for me, which I did not know. Therefore I retract, And I repent in dust and ashes."*

7. Repentance (Isaiah 30:15; Eph 4:22-24)
  - a. What repentance is (1 John 1:8-9; Pro. 28:13)
  - b. What to repent of
    - unbelief
    - ruling desires (idols)
  - c. Use ungodly emotions as a warning flag for something in the heart.

*Homework:*

- *Ask God to reveal what your emotions are saying about the thoughts and desires of your heart.*

- *Start a journal of upsets whenever your emotions start ‘waving’:  
What was the situation? What was I thinking and feeling? What did I want?  
What did I do?  
What would godly thoughts, feelings, desires and actions look like?  
Take what you have written in your journal to the Lord in a prayer of confession  
and asking for help.*
- *Ask God to form Christ-like emotions in you—so that you begin to feel about  
things the way God feels about them....rejoice at the right things, sorrow at the  
right things.*

8. Renew your mind: Biblical examples of handling emotions (Eph 4:23)

- a. Paul (2 Cor. 1:8-10)
- b. Abraham (Gen. 22; Hebrews 11:17-18)
- c. David (Psalm 6; Psalm 16)
- d. Levi Lusko

*HMWK: Read Psalm 119 –Note all the verses that mention how God’s word brings the  
Psalmist stability in his emotions. For example:*

- *Shame – vv. 6,31,80*
- *Sorrow – vv. 28,143*
- *Comfort – vv. 50,52,67,71,76,107*
- *Faint – vv. 81,82,123,131,147,148*
- *Rejoice – vv. 14,16,20,24,25,35,40,47,70,72,92,97,103,111,129*
- *Righteous Indignation – vv. 53,128,139*

*Read Psm 42, 43 and 77. Note how the psalmist ‘gets a grip on truth’ by recalling,  
remembering, and counseling himself.*

9. Growth in emotional stability: Changing thoughts and desires (Eph 4:24)

Proverbs 23:7 As a man thinks, so is he...

- a. Determine to follow God’s Word rather than errant emotions (John 14:15)
- b. Determine to believe God’s promises (Hebrews 6:18-19; 2 Peter 1:4)
- c. Determine to believe in God’s power (Eph 3:20; Numbers 11)
- d. Change thinking (2 Cor. 10:5)

10. Handling emotions through truth: A testimony