

## Bible Study: Introduction Elevating Your Emotions

Text: Proverbs 29.11

### Introduction to Elevating Your Emotions

Merriam-Webster Dictionary identifies **emotion** as a noun carrying the meaning of a conscious mental reaction subjectively experienced as a strong feeling usually directed toward a specific object and typically accompanied by physiological and behavioral changes in the body.

Emotions can range from a subliminal and unnoticeable influence to a strong feeling, to an overwhelming force. In addition, an emotion can arise without warning and forethought and can cause one to behave in a way that has not been checked (and approved) by rational thought. As such (and unfortunately) there are times when our emotions completely take over our thoughts and actions resulting in regrettable behavior.

## (identify some emotions)

Because human feelings can be positive or negative and we are to some degree subject to our circumstances. Our emotional direction should be taken from the Divine Emotion. (Dr. George E. Meisinger dean of Chafer Theological Seminary talks about how some theologians teach the impassibility of God, which if true means that God does not have emotion or passion. The Doctrine of Impassibility – teaches that God is not able to suffer, or experience emotion. God does not experience pain or pleasure from the actions of another being.

However, the Bible ascribes to God human, physical characteristics, which God does not in fact have. This is called an anthropomorphism. Anthropomorphisms seek to “humanize” God so that we may better understand what the Lord is like. For example, Scripture says God has:

- A finger (**Deuteronomy 9.10**);

- A hand (**Exodus 3.20**; Isaiah 66.2);
- An arm (**Exodus 6.6**; Deuteronomy 4.34; 5.15);
- An ear (**Isaiah 37.17**; Psalm 11.4).

Our emotions can be volatile and influenced by outer circumstances. We therefore must take our emotional directives from the Bible.

### Emotions shown by God

1. Love (Deut. 7:7-8; Isa 43.4; Hos 11.1)
2. Compassion (Ps 103.13; Ex 33.19; Judges 2.18)
3. Joy (Jer. 32.41;)
4. Delight (Deut. 30.9; Isa. 62.4)
5. Anger (Ex 22.24; Deut. 6.14-15)

### Human emotions experienced by God's people

1. Joy (Ps 4.7, 28.7)
2. Love (Ps 116.1; 1Jn 4.11-12)
3. Sorrow (Ps 6.6-7; Ps119.28)

**4. Pain (Jn 11.19; Ro 9.2-3)**

**5. Fear (Ex 3.6; Ge 18.15)**

**God's people are to feel for one another (1Co 12.25-26)**

**Believers are to control their emotions**

**(Gal 5.22-23; Pr 25.28; Eph 4.26; Col 3.8)**