

The Jesus Way #5:
Feel what Jesus Felt
Transformed Affections

Gal. 5:16-17, 24
March 12, 2006

The Emotion Driven Life

1. A meaningless life
2. The problem with following our feelings

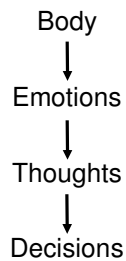
The Problem with Following our Feelings

¹⁴But each person is tempted when he is lured and enticed by his own **desire**.
¹⁵Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death." (James 1:14-15 ESV)

The Emotion Driven Life

1. A meaningless life
2. The problem with following our feelings
3. The role of emotions in a ruined soul

Emotions in a Ruined Soul



The Emotion Driven Life

"Feelings are, with a few exceptions, good servants. But they are disastrous masters." [Willard, *Renovation*, p. 122]

The Spirit Driven Life

1. God expects us to have the right emotions

God commands us to feel certain things

- **Love** one another (Jn 15:12)
- Don't let the sun go down on your **anger** (Eph. 4:26)
- Be **thankful** (Col. 3:15)
- **Rejoice** with those who rejoice (Rom. 12:15)
- **Weep** with those who weep (Rom. 12:15)
- **Rejoice** always (Phil 4:4)

The Spirit Driven Life

1. God expects us to have the right emotions
2. There is a conflict between the Spirit and the flesh
3. Dealing with ungodly feelings
 - Restrain sinful actions

Restrain sinful actions

"Self-control is the steady capacity to direct yourself to accomplish what you have chosen or decided to do and be, even though you 'don't feel like it.'"
(Willard, *Renovation*, p. 127)

The Spirit Driven Life

1. God expects us to have the right emotions
2. There is a conflict between the Spirit and the flesh
3. Dealing with ungodly feelings
 - Restrain sinful actions
 - **Eliminate ungodly feelings**

Eliminate ungodly feelings

"Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice." (Eph. 4:31)

The Spirit Driven Life

1. God expects us to have the right emotions
2. There is a conflict between the Spirit and the flesh
3. Dealing with ungodly feelings
4. We must crucify the flesh

Whom do you serve?

"The primary work of the Spirit is that we desire not to sin. We desire to develop a passion to please God, and we want feelings that lead us away from sin. . . What does it take to get to that point? The first word of the gospel is repentance; we must determine that we want change."
(Bill Hull, *Choose the Life*, 125)

Nurturing Godly Emotions

1. Our thoughts (ideas and images) largely determine our feelings

The Example of Anger

"²⁶Be angry, and *yet* do not sin; do not let the sun go down on your anger, ²⁷and do not give the devil an opportunity."
(Eph 4:26-27)

Who Controls your Emotions?

No one can "make" you angry (or happy, or sad). Your feelings are a response to what has happened. Between their action and your feelings are your thoughts about the situation.

Nurturing Godly Emotions

1. Our thoughts (ideas and images) largely determine our feelings
2. Our actions influence how we feel

Our Actions Influence how we feel

"⁶Then the Lord said to Cain, 'Why are you angry? Why is your face downcast? ⁷If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must master it.'" (Gen. 4:6-7 NIV)

Nurturing Godly Emotions

1. Our thoughts (ideas and images) largely determine our feelings
2. Our actions influence how we feel
3. The proper place of godly emotions in a healthy life

Ruined

Body
↓
Emotions
↓
Thoughts
↓
Decisions

Healthy

God
↓
Decisions
↓
Thoughts
↓
Emotions
↓
Body

The Proper Place of Emotions

"What we feel and think is (or can and should be) to a very large degree a matter of choice in competent adult persons, who will be very careful about what they allow their mind to dwell upon or what they allow themselves to feel."
(Willard, *Renovation*, 34)

The Proper Place of Emotions

"I am bold in saying this, but I believe that no one is ever changed, either by doctrine, by hearing the Word, or by the preaching or teaching of another, unless the affections are moved by these things."
(Jonathan Edwards, *Religious Affections*)

The Proper Place of Emotions

"Healthy feelings, properly ordered among themselves, are essential to a good life. So if we are to be formed in Christlikeness, we must take good care of our feelings and not just let them 'happen.'"
(Dallas Willard, *Renovation*, p. 121)

The Path to Transformed Emotions

1. God's plan for your emotional life

Christ's Emotions

- he felt **anger** at the money changers in the temple (Jn. 2:15-16)
- he **marveled** at the faith of the centurion (Matthew 8:10)
- he felt **compassion** on the directionless multitudes (Mat. 9:36)
- he **rejoiced greatly** at the return of the seventy-two (Luke 10:21)
- he felt **love** for the rich, young ruler (Mark 10:21)

Christ's Emotions

- he felt **sorrow** at the death of Lazarus (Jn. 11:33-35)
- **zeal** for God's honor caused Him to cleanse the temple (John 2:17)
- his soul was **troubled** at the thought of his death (John 12:27)
- he felt extreme **emotional distress** in Gethsemane (Matthew 26:37-8)
- he experienced **abandonment** on the cross (Matthew 27:46) .

The Path to Transformed Emotions

1. God's plan for your emotional life
2. Use emotions as servants

How to Experience Transformed Emotions

1. Determine that you want change
2. Change false beliefs about emotions

False Beliefs about Emotions

- Our desires and feelings are "needs" that must be satisfied
- Our feelings just happen—we cannot do anything to change them
- We are not responsible for our emotions

How to Experience Transformed Emotions

1. Determine that you want change
2. Change false beliefs about emotions
3. Take responsibility for your thoughts, which largely determine your feelings
4. Choose the right actions, and the emotions will follow
5. Seek to nurture godly emotions

For further Reading...

- *The Renovation of the Heart* by Dallas Willard
- *Choose the Life* by Bill Hull