

Emotions (Front)

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Today I Am Feeling...



Today I Am Believing?

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Emotions (Back)

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Feeling & Believing

God created us in His image. Part of that image includes feeling and expressing emotions. It's good to know what we feel. Emotions are instantaneous internal responses to what is happening around and inside us. They are the spice of life, critical links in relationships and powerful motivators that drive us to action.

It is important to note that emotions are neither good nor bad. They simply point out what we believe to be true about God, others and ourselves at a particular moment in time. Some emotions are light and pleasant while others are difficult and burdensome. We harm our relationships and ourselves when we stuff or deny our feelings. But when we focus our mental efforts on understanding why we feel the way we do, we can then begin to process them in a healthy way.

Another part of God's image in us is the ability to make choices. Ephesians 4:26 tells us to "BE ANGRY, AND yet DO NOT [choose to] SIN." Nothing is wrong with feeling the emotion of anger. It simply points out what we value. If we value our car and someone keys our car, then we will feel anger. If we value truth and someone tells us a lie, we will feel anger. Morality resides in what we choose to value and how we choose to behave.

Our values are shaped by what we know and believe to be true. If we believe a lie, then our emotions will be true to that lie. But, at the same time, our emotions will be inconsistent with reality. If we believe that our worth as a human being is derived from what others think and say about us, then when they put us down, we will have the burdensome feelings that go along with believing that lie. If, instead, our value is derived from being a child of God and unconditionally loved and accepted by Him, we can experience emotions consistent with that truth even when others belittle us.

God desires for His children to choose to act in a manner consistent with our identity as a new creation in Christ. Scriptures tell us to "take every thought captive" and make it obedient to the truth. They also tell us to be "transformed by the renewing of our mind" with the truth. This renewal results in a transformation in our thoughts, which will, in turn, lead to transformed behavior and emotions.

**SO HOW ARE YOU FEELING?
AND WHAT ARE YOU BELIEVING TODAY?**

