

FACTSHEET

Emotions

Our emotions are brilliant things. And yet, sometimes strong emotions can lead us off course.

Think back to moments in your story where:

- You've been consumed by anger
- Plagued by anxiety
- Deflated by depression

We misplace the role of our emotions in life. We think that they're meant to be like our GPS, the thing that guides us to our destination. If we're happy, things are going well. If we're sad, things are not going very well. Do you understand the role of emotions in your life?

We need to not fall into the trap of thinking that emotions are the be-all and the end-all. Don't think of them as the destination of the journey, but rather a useful system to be part of the journey.

Is your emotional GPS taking you places that you don't want to go?

Truth

Knowing God's truth is absolutely vital if we want to make a difference. Happiness is the ultimate emotion of our day. If you're not feeling it, the world tells us, you're probably doing something wrong. This is the kind of logic that we end up transferring into our faith and our relationship with Jesus. We tend to promote emotions over the truth. We promote emotions above accepting the truth of who God is.

Hebrews 13:5 Jesus says "I will never leave you."

Emotions can change. There's a big difference between what is actually true versus what feels true at the time, because that's situational. If we continually base our decisions on feelings that are unreliable, or that might change, we can end up making all sorts of poor choices.

God gave us the ability to feel pain for our own protection. *A feeling of pain in your soul indicates that you have some adjustments to make in the way you see things, some adjustments that need to be made to your belief system.* Life events don't determine what you feel. It's your perception of life events. If your perception isn't shaped by the truth, it can be wrong, and it can cause us unnecessary stress.

Your Takeaway

Our emotions are not in charge of us. We can change them over time by consistently choosing to believe the truth. We can't change the past, but we can, absolutely, be free from it. And the truth is nobody is too messed up, or has a backstory too bad to be completely restored in Jesus and become His disciple. Because as Christians, it's not our past that defines us, it's Jesus' past. Regardless of what's happened before, or what's happened in the past, my past doesn't define me. God holds my future.