

P700

Grace Notes Radio Program

THEME: Making the best of our EMOTIONS

References: Emotions, can you trust them? Dr. Dobson

Women and their emotions – Miriam Neff

Songs: Empty me

The love of Christ

INTRO: Imagine how boring the world would be without emotions. It's good to feel, even the tough emotions. If we had no emotions, we wouldn't have joys, couldn't get excited, couldn't enjoy good things, wouldn't be proud of our kids' accomplishments, or even our own.

According to the dictionary, the word 'emotion' is both a verb, which typically expresses an action, and a noun, that can serve as the object of a verb. In other words, we can say that love DOES something rather than FEELS something. An official definition is, 'a mental state that arises spontaneously, rather than through conscious effort, and is often accompanied by physiological changes that prepare the body for action, such as increased heartbeat or respiration, and often overt manifestation, like crying or shaking.

The popular saying goes - 'If it feels good - do it.' sounds freeing, BUT, feelings usually reveal themselves to be unreliable and even a bit foolish at times. We can't live our lives solely based on emotions!

Today on Grace Notes, our host, Barbara Sandbek, begins a new series, entitled, 'Making the best of our emotions'. It's an exciting topic so don't miss a single broadcast.

I came across a clever prayer, written by someone who surely understands where to go to get control over their emotions. It reads...

Dear God,

So far today, I've done the right thing. I haven't lost my temper. I haven't lied or cheated. I haven't been grumpy, greedy, nasty or selfish. I've very thankful for that. But in a few minutes, God I'm going to have to get out of bed, and from then on, I'm probably going to need a lot more help. AMEN.

Yes, we DO need help in using our emotions the right way. They are a powerful force within our mind. Because of this, we must yield them to God at the start of every day. Romans 12:2a is a good ‘start the day’ verse. It says...

Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

How do we renew our mind? Through reading God’s word, communing with Him, and submitting to His will. The apostle Paul wrote in 1 Corinthians 2:16 that we, as Believers in Jesus Christ, have the mind of Christ. That means we CAN act and react in a right manner in every situation. But, it’s our choice.

Philippians Chapter 2 says that in our relationships with one another we are to have the same mindset as Jesus Christ – that of being a servant to humankind. This is so unlike society today. We want to be served and when we’re not, wrong emotions flare up.

When emotions take over we find it easier to act on what feels good NOW and pleases someone NOW. It’s hard to think of the future and long-term effects of our actions. On the other hand, walling in our emotions can lead to ulcers, stress or drug dependency. We can’t build a shell to keep hurt out - we’d be like Zombies, desensitized. We just need to remember that emotions must always be accountable to the faculties of reason, because emotions without truth can be disastrous.

We tend to think of our emotions as coming from our spirit. There are three spirits operating in the world today; the human spirit, the Holy Spirit and the satanic spirit. Be careful which one is controlling you. God says we need to combine spirit with truth.

The writer Miriam Neff states that the marriage of our minds and our emotions equals what Scripture refers to as the ‘heart’.

Jesus talked about emotions in Matthew 22:37. He said...

“Love the Lord your God with all your heart and with all your soul, and with all your mind.”

Sounds like He wants us to love Him passionately! Think about THAT!

The only way we can truly love the Lord this way is to empty ourselves of our self and allow God to fill us with HIS love. This song speaks of the emptiness of anything that takes the place of God in our life.

***** **WRITERS:** Wood, Tony W. / Sligh, Chris / Lagerberg, Clint.
*** **EMPTY ME** *** **LENGTH: 4:13**

*I've had just enough of the spotlight when it burns bright
To see how it gets in the blood
And I've tasted my share of the sweet life and the wild ride
And found a little is not quite enough*

*I know how I can stray
And how fast my heart could change*

*Empty me of the selfishness inside
Every vain ambition and the poison of my pride
And any foolish thing my heart holds to
Lord empty me of me so I can be filled with You*

*I've seen just enough of the quick buys of the best lies
To know how prodigals can be drawn away
I know how I can stray
And how fast my heart could change*

*Empty me of the selfishness inside
Every vain ambition and the poison of my pride
And any foolish thing my heart holds to
Lord empty me of me so I can be filled with You*

*'Cause everything is a lesser thing
Compared to You, compared to You
'Cause everything is a lesser thing
Compared to You so why surrender all?*

*Empty me of the selfishness inside
Every vain ambition and the poison of my pride*

*Empty me of the selfishness inside
Every vain ambition and the poison of my pride
And any foolish thing my heart holds to
Lord empty me of me so I can be
Lord empty me of me so I can be filled with You
Oh, filled with You, empty me*

Are you ever surprised by your response to an emotional situation?

The barometer as to whether our actions in response to our emotions are pleasing to God is our CONSCIENCE. It is God's built in warning system. Be very happy when it hurts you. Be very worried when it doesn't.

You see, God intended our emotions for good. After all, Genesis 1:17 reminds us that we are made in the image and likeness of God...SO IT'S OK TO HAVE FEELINGS - GOD HAS THEM, TOO!

God not only loves – He IS love.

I John 4:8 says...

Whoever does not love does not know God, because God is love.

According to Zephaniah 3:17, God experiences delight...

The Lord your God is with you, He is mighty to save. He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing. (so beautiful)

Psalm 147:11 also says so...

The Lord delights in those who fear him, who put their hope in His unfailing love.

God can be both pleased and not pleased.

Hebrews 11:6 says that without faith it is impossible to please God. And Romans 8:8 reads...

Those controlled by the sinful nature cannot please God. Hebrews 13:15-16 records that God is pleased by our sacrifice of praise, and also when we do good and share with others.

God is jealous of our affection, like a spouse would be. After all, He has done so much to win us to Himself.

Deuteronomy 6:14-15a says...

Do not follow other gods, the gods of the peoples around you; for the Lord your God, who is among you, is a jealous God...

Note all of God's wonderful emotions listed in Exodus 34:6b-7...

And He (the Lord) passed in front of Moses, proclaiming, "The Lord, the Lord, the compassionate and gracious God, slow to anger, abounding (fully supplied) in love and faithfulness...

Let's conclude our thoughts on God's love for us with this wonderful passage written by Paul in Ephesians 3:17b-19...

... I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

******* WRITERS: Alexander, Lowell/borders,
*** THE LOVE OF CHRIST *** Jeff A./borders, Gayla Hester
***** LEGNTH: 3:08**

*How long? How wide?
Is the love of Christ
How deep? How high?
Is the love of Christ*

*How long?(How long?)
How wide?(How wide?)
Is the love of Christ*

*How deep?(How deep?)
How high?
Is the love of Christ*

*It would take ten thousand lifetimes
To comprehend
A love with no beginning
A love that knows no end*

*How long?(How long?)
How wide?(How wide?)
Is the love of Christ*

*How deep?(How deep?)
How high?Is the love of Christ*

*More than any heart
Could measure or ever hold
His love could fill the oceans
'Til they overflowed*

*How long?(How long?)
How wide?(How wide?)
Is the love of Christ*

*How deep?(How deep?)
How high?
Is the love of Christ*

*Higher than the mountains
Deeper than the ocean
Farther than the reach of the sky*

*Wider than the Heavens
Longer than forever
Greater is the love of Christ*

*Higher than the mountains
Deeper than the ocean
Farther than the reach of the sky*

*Wider than the Heavens
Longer than forever
Greater is the love of Christ*

*How long? How wide?
(Higher than the mountains)
(Deeper than the ocean)
Is the love of Christ*

*How deep? How high?
(Wider than the Heavens)
(Longer than forever)
Is the love of Christ*

*How long? How wide?
(Higher than the mountains)
(Deeper than the ocean)
Is the love of Christ*

*How deep? How high?
(Wider than the Heavens)
(Longer than forever)
Is the love of Christ*

*How high? Is the love of Christ
How high? Is the love of Christ*

**This Grace Notes program is brought to you by
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Until then, let your grace notes be a song of praise!