

P701

Grace Notes Radio Program

SERIES: Making the best of our EMOTIONS

TITLE: How to handle emotions correctly

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

Women and their emotions – Miriam Neff

Songs: I LOVE YOU LORD

BY YOUR SIDE

INTRO: Welcome to Grace Notes brought to you by Sandbek Ministries. We've just started a new series entitled, 'Making the best of our emotions'. Let's recap what was covered so far. Emotions, or feelings, are a powerful force within our mind, so we need to yield them to God at the start of each day. If we choose to rely on feelings alone, we'll find they usually reveal themselves to be unreliable and even a bit foolish. That's because we tend to act on what feels good NOW and forget the long-term effects. We must allow ourselves to feel, but we need to marry our emotions with the faculties of reason.

God intended our emotions for good. In fact, He wants us to love Him passionately - with all our heart, mind, soul and strength. God has emotions, especially where His children are concerned. God IS love. He lavishes that love on us in how He cares for us, and by what He did through Christ, to save our souls for eternity.

As you listen today, ask God to show you how He wants you to demonstration these emotions He has built into you, as we study the passions of King David. But first, let's prepare our hearts with this song.

***** **WRITER: Cindy Adams**

**** I LOVE YOU LORD *** LENGTH: 2:22**

*I love you, Lord, and I lift my voice
To worship you, Oh my soul rejoice!
Take joy, my King, in what you hear
May it be a sweet, sweet sound in your ear*

*I love you, Lord, and I lift my hands
To worship you as my soul demands
Take joy, my King, in what you see
May I be a sweet, sweet child on your ear*

*I love you, Lord, and I lift my voice
To worship you, Oh my soul rejoice!
Take joy, my King, in what you hear
May it be a sweet, sweet sound in your ear*

Make it a sweet, sweet sound in your ear

I recently came across an exhaustive list of emotions. Believe it or not, there were 214, ranging from 'absorbed' to 'well-meaning'. Wow! Didn't know we were that complex.

According to Robert Plutchik's theory, though, there are eight basic emotions; fear(afraid of something), anger(angry about something), sorrow(sad about something), joy(happy about something), disgust(something is wrong), acceptance(happy WITH something), anticipation(something is going to happen) and surprise(something unexpected happened).

Notice, each of these emotions is brought on by a catalyst (something or someone) and each will provoke some sort of action. The barometer as to whether our actions in response to our emotions are pleasing to God, is our conscience.

If you consider yourself an emotional person, thank God for creating you that way and accept how uniquely you are made.

King DAVID was one of the most emotional and sensitive characters in the Bible and also one of the most creative. He had extreme highs and lows. His strong feelings motivated him to action, like the time he led a dance in the street when the ark was being returned to his city.

David helps us understand how God feels by his strong emotions. His writings speak to us even today. In fact, many people pray using David's psalms.

Psalm 42 is assumed to be penned by David at a time when, either by Saul's persecution or Absalom's rebellion, he was driven from the sanctuary and cut off from the privilege of waiting upon God in public ordinances. Listen to excerpts from this psalm...

**As the deer pants for streams of water,
so my soul pants for you, my God.
My soul thirsts for God, for the living God.
When can I go and meet with God?
My tears have been my food day and night,
while people say to me all day long,
"Where is your God?"**

**These things I remember as I pour out my soul:
how I used to go to the house of God
under the protection of the Mighty One
with shouts of joy and praise
among the festive throng.**

**Why, my soul, are you downcast?
Why so disturbed within me?
Put your hope in God, for I will yet praise him,
my Savior and my God.**

**By day the LORD directs his love,
at night his song is with me—
a prayer to the God of my life.**

**I say to God my Rock,
“Why have you forgotten me?
Why must I go about mourning,
oppressed by the enemy?”
My bones suffer mortal agony
as my foes taunt me..**

**Why, my soul, are you downcast?
Why so disturbed within me?
Put your hope in God,
for I will yet praise him,
my Savior and my God.**

**Yes, David is depressed. He says his soul is downcast and
disturbed and he’s been crying all night!**

**But, the key to why God called him, ‘a man after His own heart’ is
because David HOPES in the Lord – no matter what. Twice he
writes...**

**Why are you downcast O my soul? Why so disturbed within me?
Put your HOPE IN GOD, for I will praise him, my Savior, my God.
David’s strong feelings were evidenced both in his relationship
with God and with people.**

**1 Samuel 18:1 says that Jonathan (Saul’s son) became one in spirit
with David. When they had to part, 1 Samuel 20:41 states that they
wept, but David wept the most.**

**David was compassionate toward Saul’s crippled grandson
Mephibosheth. 2 Samuel 9:10 says he let him eat at his table
after all his family members died.**

**According to 2 Chronicles 6:7, David had it in his heart to build
the temple. Even though God said his son, Solomon, would be the
one to do it, he was passionate about gathering the supplies.**

**His passion, used the wrong way, got him in trouble when he
committed adultery and murder, but God still referred to him as, ‘a**

man after God's own heart'. Why? Because he loved God with all his heart and though he sinned, he was passionate in a positive way about God and His laws. He loved what God loved. I'm thankful David is not pictured without faults – it gives me hope. God can see me, AND YOU, the way he saw David, if we but love what He loves.

It's been said that love studies and delights to please its object. In Psalm 119, David continually affirms that he will obey because he knows it will please the One he loves.

God is the object of His passion:

- verse 10 says, 'I seek you **WITH ALL MY HEART**'
- verse 58 - 'I have sought your **FACE** with all my heart'
- in verse 20 he states 'My **SOUL** is **CONSUMED** with **LONGING** for your laws at all times.'

David delights in what God wants Him to do:

- verse 14 - I **REJOICE** in following Your statutes
- verse 16 - I **DELIGHT** in Your decrees
- verse 24 - Your statutes are **MY DELIGHT**, they are my counselors
- verse 47 - I **DELIGHT** in Your commands because I **LOVE THEM**.

GOD is his sufficiency – everything else is just an add-on.

Verse 57 says, 'YOU are my PORTION, O LORD.'

**We should ask ourselves here, 'Who or what is MY sufficiency?'
'Do I HOPE in the LORD?'**

David understood the value of expressing his feelings to the Lord. And GOD listened and answered.

Are you being open to God as to how you feel? Maybe that's something you just aren't comfortable with. Why not take some time to cultivate your relationship with the One, who is forever by your side.

***** **WRITERS:** *Jason David Ingram, Phillip Larue,*
**** BY YOUR SIDE *** *Jason Ingram, Phillip Paul la Rue, Mike Donehey*
***** **LENGTH:** 3:55

*Why are you striving these days
Why are you trying to earn grace
Why are you crying
Let me lift up your face
Just don't turn away*

*Why are you looking for love
Why are you still searching as if I'm not enough
To where will you go child
Tell me where will you run
To where will you run*

*'Cause I'll be by your side
Wherever you fall
In the dead of night
Whenever you call
And please don't fight
These hands that are holding you
My hands are holding you*

*Look at these hands and my side
They swallowed the grave on that night
When I drank the world's sin
So I could carry you in
And give you life
I want to give you life*

(Chorus 2x)

*Cause I, I love you
I want you to know
That I, I love you
I'll never let you go*

I'd like to conclude our program with a prayer...

Father. Thank you for making me in Your likeness and image and giving me a unique personality. Thank you, too, for the emotions you place in me that help me understand how You feel about things. Help me to pay attention to my

emotions and be aware when I am not combining them with right thinking. Keep me from acting hastily. I want to honor you in everything I do. Help me not to try to hide them from You. After all, You know my thoughts before I even think them. You are a gracious and loving Father, who NEVER does anything wrong. You're always there to listen. THANK YOU! In Jesus' Name. Amen

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Until then, let your grace notes be a song of praise!**