

FEELINGS

GUILT
WORRY

ANGER
JEALOUSY

"It is better to rule your spirit than to conquer a city."
Proverbs 16:32

#1 FEELINGS OF GUILT (8/5/18)

Objectives – The student will be able to:

1. Explain what the conscience is and how it works.
2. Explain what guilt is and how it is produced.
3. Identify the conditions of too little and too much guilt and the remedy for both.
4. Explain how God and Satan both use guilt feelings.

Thoughts to Consider

Few human emotions are as universal or more painful as feelings of guilt. Indeed with some, their extremely active consciences work overtime to produce feelings of low self-esteem from which there is seemingly no relief. Mental hospitals are filled with people "overwhelmed by excessive sorrow" (2 Cor. 2:7), broken spirits who have given up, believing that they just can not live up to their own expectations. In such extreme cases, guilt has played its role in destroying the mind.

But is all guilt ultimately harmful? Certainly not! Great men and women have been moved to great deeds by Godly sorrow which works repentance (2 Cor. 7:10). Guilt can play an important role in causing all men to be better than they are. In fact our current cultural condition of rampant wickedness can be traced in part to too little feelings of guilt. When we lose or never have the ability to feel guilty for acts of immorality and wickedness we approach a state where there is no hope (Heb. 6:6). God gives us up to our own depraved minds (Rom. 1:24-32).

Certainly we can readily see that guilt feelings are important to our lives. If they are too severe and stay too long they can destroy us in self-doubt, self-blame and personal hatred. But, if they come in too little measure or not at all, we are cast adrift in a storm of sin without anchor, rudder, or compass to be dashed on the rocks of our own depraved pleasures. We need to better understand our guilt feelings, their cause and cure, and thus to allow God's will to work in our lives avoiding Satan's extremes.

Guilt is a feeling produced by the conscience, intended by God for our good by keeping or delivering us from contemplated or completed sin. It is one of God's ways of helping us live a peaceful and happy life in a hostile, imperfect world while preparing us for a perfect world to come. For this reason, Satan opposes God's use of guilt by attempting to use it himself for his own destructive purposes. Extremes of either too little or too much guilt are both used depending on the particular vulnerability of the victim with alarming success.

Therefore, let us "fight the good fight, keeping faith and a good conscience."

See chart on page 5 for assistance in considering whether guilt is godly or worldly.

#1 FEELINGS OF GUILT (8/5/18)

Discussion Questions

1. What is the conscience? List at least two things the conscience does. (Genesis 42:21; 1 Samuel 24:5; Romans 2:14-15; 2 Timothy 1:3; Hebrews 13:18)
2. Describe the relationship between knowledge of right and wrong and the conscience. (Romans 2:12-15; 1 Corinthians 8:7)
3. What limitations do our consciences have? (1 Corinthians 4:3-5)
4. What is a hardened or dulled conscience? How does this happen? (Ephesians 4:17-19; Titus 1:15-16)
5. What is guilt?

#1 FEELINGS OF GUILT (8/5/18)

Case Studies

1. Your friend engages in drinking parties, pot smoking, and vulgar language. He apparently experiences no guilt feelings. Why is this? What should you say to your friend?

2. Your friend tells you that over the last year she has continued to repent and pray asking God's forgiveness for the same sin. There has been some improvement, but she now has just "done it again." She feels extremely guilty and doubts whether God will forgive her again. She doubts that she will ever overcome this weakness. Why does she feel this way? What would you say to her?

| | God: Godly Sorrow | Satan: Little or No Guilt | Satan: Much Guilt |
|-----------------------------|---|---|---|
| STANDARD | Bible | Less than the Bible | More than the Bible |
| CONDITION | Tender | Hard | Overly Tender |
| ACTIVITY | 1. Leads to repentance 2. Restrains in doubt | 1. Sorrow for Harsh Results -- No repentance 2. More Sin | Excessive Sorrow, Regret, Self-Hate |
| HOW TO REMEDY GUILT? | 1. Forgiveness 2. Strength By Knowledge 3. Faith in God | 1. Destroy teaching about sin 2. Sears conscience | None |
| THE RESULT | 1. Serve God 2. Shame World 3. Save Ourselves | 1. Serve Satan 2. Destroy Soul by Unrighteousness | 1. Serve Satan 2. Destroy Soul by Self-Doubt |

2 FEELINGS OF JEALOUSY (8/12/18)

Objectives – The student will be able to:

1. Explain what jealousy is.
2. Give several Bible examples of jealousy.
3. Distinguish between proper and improper jealousy.
4. List some principles that should govern our behavior when we are jealous.

Thoughts to Consider

It is surprising to many that jealousy is described in the Bible as being a sin of man (Gal. 5:19-20) and also an attribute of God (Ex. 34:14). The reason this can be true is that jealousy is "the intolerance of rivals" and as such is basically morally neutral. Its good or evil depends upon the situation that arouses the feeling, whether or not there is an inherent God given right to be intolerant of rivals. God has a right to be jealous for He is one and there is no other equal to Him (Isa. 45:20-23, 42:8). A spouse also has the right to expect singular devotion by his or her spouse. But a given athlete does not have a God given exclusive right to victory and therefore has no right to be intolerant of rivals or jealous.

Because God possesses exclusive ownership rights and has given them to man in certain matters, both God and man have a right to be jealous in regard to those rights. In fact, a failure to be jealous in regard to these rights is sinful. The only appropriate response for Jesus when He beheld the mercenary pollution of the temple was a "zeal" ("zelos" from which we get our word "jealous") for what rightfully belongs to God (Jn. 2:14-17). And so it should be with all men in regard to the things of God.

But Satan tempts us to sin by causing us to have an expanded view of what is exclusively ours. A boyfriend or girlfriend in regard to the others' devotion or friendship, a public leader in regard to praise or preeminence, a businessman in regard to profits, or an athlete in regard to victory are all examples of areas where exclusivity is extended by Satan thus engendering jealousy when rivals appear. We must remember that exclusive rights must all proceed from Him who alone has no rightful rivals.

#2 FEELINGS OF JEALOUSY (8/12/18)

Discussion Questions

1. Describe what jealousy is in each of these contexts.

Galatians 5:19-20

Exodus 34:14

2. Does God have a right to be jealous? Why? (Isaiah 42:8; 45:20-23)

3. Describe who was or who had a right to be jealous and why:

Numbers 5:11-31

2 Corinthians 11:1-3

Acts 17:1-9

Genesis 37:5-11

4. Describe the principle of possession (an exclusive right of ownership) in the following. Who had a right to what?

1 Corinthians 7:4-5 and Ephesians 5:28-31

1 Corinthians 6:19-20

1 Corinthians 3:1-9

5. When do we have a right to be jealous?

#2 FEELINGS OF JEALOUSY (8/12/18)

Case Studies

1. You have a close relationship with a Christian friend. You begin to notice that he/she is spending more and more time with another Christian. How do you feel? What do you say and/or do?
2. A friend gets a new house and a lot of admiring attention. You find you are not as happy for him as you were when you got your house. Why is this and what should you do?
3. A neighbor is having success getting your neighbors to join his fast growing church. The church attracts people through entertainment and is teaching that a nominal belief in Jesus saves. How do you feel? How *should* you feel and respond?
4. What are the exclusive rights that married couples have with each other?

#3 FEELINGS OF ANGER (8/19/18)

Objectives – The student will be able to:

1. Give examples of proper and improper anger in the Bible.
2. Explain what causes anger.
3. Tell what useful purpose anger can serve.
4. List some steps to take to handle anger properly.

Some Thoughts:

Anger is one of the strongest feelings in man. It is defined as a "strong feeling aroused by real or supposed wrong" (*Living Word*) or "a feeling of extreme displeasure, hostility, indignation, or exasperation toward someone or something; rage; wrath; ire" (*American Heritage Dictionary*). One of the words ("*orge*") translated "anger" originally meant "any impulse, or desire, or disposition" and "came to signify anger, as the strongest of all passions" (*Vine*). This feeling has the strength to produce biochemical and thus physiological changes as any red-faced, flared-nostrilled, loud-speaking person well testifies. Physiological changes are produced by adrenaline being pumped into the blood stream to supply the muscles with a sudden burst of energy. This "flight or fight" defense system is to some degree involuntary and intended by God for our physical protection. Therefore, the consequent emotion, "anger", is not in itself necessarily wrong. But rather, sin is introduced when the mind or will fails to perform its appointed role to control and direct anger. To determine whether anger is sinful its cause and consequent action must be analyzed as to their propriety. In other words, did we have a God-centered right to be angry and did we take God-directed means to control or express it.

God has given us the capacity to be angry to move us to action against evil in ourselves or others. It is necessary for us to be angry and still not sin. Satan can pervert this healthy emotion and destroy us by tempting us to be angry instead of contrite or encouraging us to release even our justified anger in vindictive ways. God's child seeks to bring this strong emotion under the control of the principle, "Do not be overcome by evil, but overcome evil with good." (Rom 12:21)

3 FEELINGS OF ANGER (8/19/18)

Discussion Questions

1. What caused the anger and what steps, if any, were taken to express or to deal with it?

Exodus 32:9-14

Mark 3:1-6

Matthew 21:12-14

Nehemiah 5:1-13

Genesis 4:1-8

Numbers 20:2-13; Psalms 106:32

2. Is anger always wrong? Explain your answer. (Ephesians 4:26)

3. What strikes you as especially important to you from the following warnings regarding anger? (Ecclesiastes 7:9; Proverbs 12:16; 19:11; 29:11, 22)

4. How can Psalm 37:7-11 help us handle anger that could be properly motivated?

#3 FEELINGS OF ANGER (8/19/18)

Case Studies

1. Another driver cuts you off while you are on your way to an important meeting. You feel your blood start to boil, what do you do?
2. Your boss, whom you don't like, comes into your work room and angrily confronts your workmate for repeatedly taking 1 ½ hour lunch breaks. Your workmate is now angry. How do you feel? What do you say or do?
3. A Christian friend has been spreading some vicious lies about you. Another Christian friend who has a hot temper comes and suggests that the two of you "set him straight." How do you feel? What do you say and/or do?
4. While visiting in the home of a Christian friend, a rented movie is being shown that involves explicit sexual scenes and the glorification of a worldly lifestyle.

4 FEELINGS OF WORRY/ANXIETY (8/26/18)

Objectives – The student will be able to:

1. Give biblical examples of worry, anxiety or concern.
2. Distinguish between proper and improper worry.
3. List some things for which we should be anxious.
4. List some qualities that will help us overcome worry.

Thoughts to Consider

Worry has been described as the All-American sin. It is a spiritual paradox that in a country so spiritually and materially blessed there should be such widespread worries robbing us of peace of mind and contentment. This feeling is described by various words such as "anxiety," concern," "care," and "worry." The NASB says "Do not be anxious" and "do not keep worrying". The idea in these contexts is that we should not allow certain kinds of thoughts to occupy the mind thus causing a doubtful or uncertain emotional state. In fact the original Greek words have within their etymology such meanings as "to divide, part, rip, or tear apart", words describing the effects of worry upon the mind. Therefore, the Bible uses the terms "anxieties," "worries," or "cares" to describe those things that divide, part or distract our minds from the main purpose of life, seeking first God's kingdom and His righteousness. But the Bible also speaks of a proper kind of "worry" or "concern" that should characterize the Christian. The purpose of this lesson is to understand the differences between proper and improper concerns and how to appropriately control those that are improper.

The nature of this life demands that we make a choice as to who we will serve for "No one can serve two masters: for either he will hate the one and love the other, or he will hold to one and despise the other. You cannot serve God and Mammon. For this reason, do not be anxious for your life..." (Matt. 6:24-25).

4 FEELINGS OF WORRY/ANXIETY (8/26/18)

Discussion Questions

1. Describe the worry or concern found in these passages. Was it good or bad? If bad, what did this worry cost them?

Luke 21:34

Luke 10:38-42

2 Corinthians 11:28-29

Matthew 26:36-46

2. In sinful worry, quickly list what God does not want us to be anxious about:

Matthew 6:25-32

Matthew 6:34

Matthew 13:22

Matthew 25:24-25

3. In righteous concern, list what is not necessarily wrong to “worry” about:

2 Corinthians 11:28-29

Galatians 6:10; Colossians 4:5

Matthew 6:33

4 FEELINGS OF WORRY/ANXIETY (8/26/18)

Case Studies

1. The church you work and worship with is having problems. Some of the members are not speaking to one another, and you have been criticized for things you believe. How do you feel? What should you say or do?
2. Your friend seems to be completely consumed with a variety of current problems - the economy, unemployment, drug addiction, rape, etc. His healthy is growing poorer and he constantly speaks with great concern about these things. What do you say or do?
3. You start to notice that a member in your spiritual family is talking in an increasingly worldly way. You have a decent relationship with them, but you've never had to correct them before. They start missing classes and worship more frequently - they always seem busy with something. How do you feel? What should you do and/or say?