

*"To emote or not to emote, that is the question."* This morning, our study is about Godly Emotion. How little emotion is not enough, and how much is too much expression of feelings in worship and in life.

In the corners of our stage are the usual extreme subjects:

- 1) Emotionalism
  - a. Godliness is all about how I feel. This is primary indicator of my relationship with God.
  - b. Faith is about expressing how I feel in ways that engage and inspire others to look to God.
  - c. God is looking at hearts and a full heart toward Him is what leads to heaven.
  - d. If Jesus was an Olympic figure skating judge, He would not care how many times you fall or about any of the technical requirements, but would judge based on artistry and expression.
- 2) Formalism
  - a. Godliness is independent of and unrelated to feelings, and obedience connects me to God.
  - b. Faith is about doing the right thing, the right way, time after time.
  - c. God is looking for those who love Him, yes, but solely based on keeping commandments.
  - d. If Jesus was an Olympic figure skating judge, He would score based purely on technical merit, hitting the marks, and have no concern for smiles or outfits or expression.

And while none of God's people here today would live in either of these camps, most would be somewhere around the ¼ mark, skewed to the right. We know emotion is important, but if a pickoff move came our way, we'd want to be close enough to dive back to the base of Formalism.

Well, the podium is in the middle of the stage. And the Word of God is in the middle of the stage. And the Truth about Godly Emotion is right there in the middle of these two extremes as well.

Okay, so HOW do we find that perfect amount of Emotion, feeling it and expressing it in a way that brings the most joy and glory and pleasure to the emotional God whom we serve?

#### I. Godly Emotions must originate from the Will of God

- a. LOVE – **Matthew 22:37** – More than knowledge. Emotion toward an emotional God.
- b. JOY – **Romans 5:1-5** – Rejoicing in all circumstances. We are children of God!
- c. HOPE – **Romans 5:5** – Does not disappoint. Absolute confidence in what is coming.

So, this is important information for the formalist. It is not just what you do, but how you feel in it. But for the emotionalist, please do not get this half right. God has built in us other emotions as well.

- d. HATE – **Romans 12:9** – "Abhor" "Hate" NIV. Not tolerance, but a feeling of disgust for sin.
- e. SORROW – **II Cor. 7:8-9** – "I do not regret" causing you sorrow. Needful emotion of shame.
- f. FEAR – **II Cor. 5:10-11** – I revere and fear the great God and the judgment to come. Feel it?

This list accomplishes something for both extremes.

**1)** Our faith must be an emotional faith. It must be driven by glorious feelings for Him and sobering feelings that affect us on a deep and abiding level.

**2)** Our faith must be an appropriately emotional faith. That means, love and hope and joy, but also includes emotions that we may not want to feel all the time, but that are needed just as much.

Secondly however, our emotions must be **rational**. That is, they must be founded upon and based upon the Truths that God intended. How many of you know that people can be irrationally emotional? They feel it and react to it, but may not be basing their decisions on what is true or right.

**Romans 10:1-4** - These are strong and sway the person, but are not founded on the right principles!

Here's an emotional person who LOVES God because He saves every single soul!

Here's another person who lives in daily HOPE that God will put a check in the mailbox!  
Or maybe it is HATE but against a person or a people for wrong doing, with no regard for their soul!

II. Godly Emotions must be founded upon the Truths of God.

- a. LOVE – **Romans 8:28-30, 34-35** – Christ's love protects forever the conformed!
- b. JOY – **Rom. 5:3-5** – Not in avoidance of trouble, but perseverance and promise through it.
- c. HOPE – **Romans 5:1,5; 6:1-3** – Assurance for the faithful, those raised with Jesus!
  
- d. HATE – **Romans 6:1-2, 6-7** – Directed at sin, all of my old ways and the sins of others.
- e. SORROW – **Hebrews 6:6-8** - Not based on consequences for me, but how sin hurts God!
- f. FEAR – **Romans 2:4-8** – Loving God is also about Justice and I can't take that lightly!

Okay, so we must be emotional, and have the full range of emotions that God intended. And, we must found them on the spiritual promises and truths that God has given us in His word. But how far is this going to go? Maybe someone is thinking, "Kris is going to have us rolling down the isles shouting hallelujah by noon." Well, this third point is key to channeling all of this into the right direction.

III. Godly Emotions must produce the intended Fruit of God.

- a. LOVE – **I John 3:16-20** – Let His love live through us toward others. Proving our heart!
- b. JOY – **James 1:1-5** – Attitude in trial. Dependency on God. Confidence in Him!
- c. HOPE – **Hebrews 11:1; 12:1-4** – They did it. He did it. I'm going home! Upward sight!
  
- d. HATE – **Ephesians 5:3-5, 11-12** – Getting away from sin. Fighting this disgraceful thing!
- e. SORROW – **II Cor. 7:9-11** – There is the zeal! To make right the wrong. Passion!
- f. FEAR – **Phil. 2:9-16** – Yes, I am fearful of His wrath. But it manifests in attitude and action!

So, formalists like this point – it's really all about what you do – hitting the marks. False. It is about HOW YOU FEEL, then WHY YOU FEEL THAT WAY, finally WHAT IT SPURS IN YOU.

**Godly Emotion is proven in its fruit and the attitude and expressions that accompany those fruits.**

Conclusion

**Romans 5:1-5** – God has built in us the capacity to feel these things and be driven by them.

**Romans 10:1-4** – God has built in us the responsibility to guide them by His will and way.

Let's test the balance today: **Romans 15:13** – Can You Feel That?

- Do you LOVE the One who would offer such a gift?
- Can you feel the sense of irrevocable HOPE in Jesus?
- Does believing in God bring you warmth and JOY?
  
- Do you HATE the Sin that has kept you from the promises of God?
- Can you feel the SORROW of knowing that you have drifted from this?
- Does FEAR of God bring you humbly to His throne to beg for mercy?

What you feel; is an emotion given to you by God and for good?

What you feel; is it based on the truth about God and what God wants to do for you?

Has it been producing the kind of attitude and action God desires? Will it produce such this morning?