

A Theology of Emotion | Psalm 42:5-11

Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God. My soul is cast down within me; therefore I remember you from the land of Jordan and of Hermon, from Mount Mizar.

Deep calls to deep at the roar of your waterfalls; all your breakers and your waves have gone over me. By day the Lord commands his steadfast love, and 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 do I go mourning because of the oppression of the enemy?"

As with a deadly wound in my bones, my adversaries taunt me, while they say to me all the day long, "Where is your God?" Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.

Emotions and The People of God

1. Emotionalism
2. Stoicism

What Do Emotions Do?

1. Communicate
2. Expose
 - "Rather than selecting our emotions on a whim off a menu of ways to feel, God gave us emotions that are actually designed not to change unless what we love changes or what is happening to the thing we love changes...the bottom line is simple: because emotions flow out of what we care about most, our emotions can't and shouldn't change apart from a change in what we care about." - (Groves and Smith)

How Do Engage Our Emotions Biblically?

1. Fellowship with God
 - "My soul is very sorrowful, even to death.." (Matthew 26:38)
2. Fellowship with the people of God

How Do We Engage Our Emotions Practically?

1. Identify
2. Examine
3. Evaluate
4. Action

Benediction | 1 Thessalonians 3:12-13

May the Lord make you increase and abound in love for one another and for all, as we do for you, so that he may establish your hearts blameless in holiness before our God and Father, at the coming of our Lord Jesus with all his saints.