

# **Does God Care How I Feel?**

## **Brian Borgman**

### **Some Common Perceptions on the Role of the Emotions**

1. “As a saved person, you can control your mind and your will, but not your feelings. God’s plan is for us to believe Him and choose to submit to ourselves to His loving care and authority regardless of how we feel... Jesus could not control His emotions when He walked planet earth.”
2. “Note: God’s Word never commands you to change your feelings, but you are commanded to change your deeds by being obedient to Scripture.”

### **One of the missing notes in our counseling: dealing with the emotions**

Martyn Lloyd-Jones quote (Feelings and Faith, 21)

What the emotions can tell us (Feelings and Faith, 26)

Goal: To help counselees see that God does care about how they feel and how their emotions are an indicator of the heart.

#### **I. Theological Foundations**

- A. The character of God
- B. The person of Jesus Christ
- C. The image of God

#### **II. Biblical Commands Concerning the Emotions**

Rejoice  
Forgive from the heart  
Love  
Fear  
Peace  
Zeal  
Desire  
Tenderheartedness  
Mourning and weeping  
Self-control

### **III. An Appeal: Deal with the Emotions**

- A. The emotions can be a great impediment to progress
  
- B. The emotions can also be a great impetus to lasting change
  
- C. Just as Scripture is brought to bear in the diagnosis and prognosis of sins, we need to apply this to the emotions as well