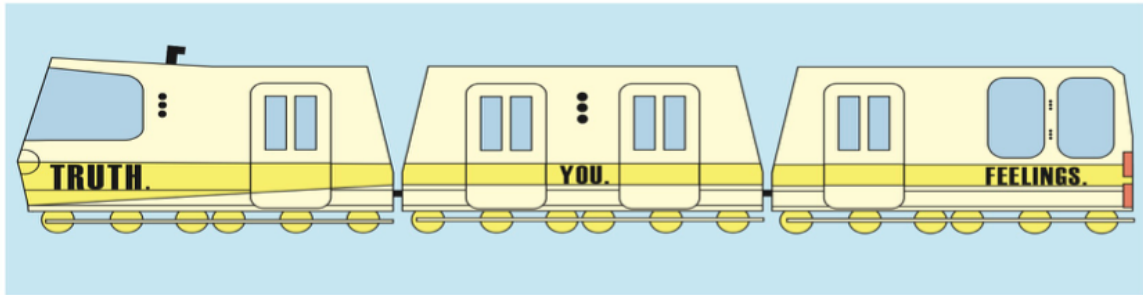


| Truth Train |



Feelings:

- Feelings are real.
- Feelings are normal, natural and not inherently good or bad.
- Feelings are one of the ways we image God because Jesus expresses feelings and emotions.
- Feelings are usually symptomatic. Feelings usually are a good indicator that something is happening inside of us.
- Feelings can fluctuate, oscillate or be fluid. They are always changing and sometime rapidly changing.
- Feelings can manipulate and lie to us. You can have a real feeling that is actually an inappropriate emotional reaction to a situation.
- Therefore our feelings aren't reliable and should not be used to define us and the truth around us.

Truth

- Jesus is "the way, the truth, and the life." We define what is true by the person and work of Jesus.
- Jesus is real.
- Jesus steady and unchanging.
- Jesus is reliable and therefore he is the means for defining our identity and helpful for us to interpret our feelings.

Feelings are like toddlers, you can't ignore them and stuff them in the trunk nor can you let them drive your car. Instead, you must appropriately secure them in their child safety seat.

Application:

Psalms 62:5-8

- We should preach to ourselves (speak the truth) rather than listen to ourselves (trust our feelings)
- The best thing to do with your emotions is to take them to Jesus in prayer.
- We must always let the character of God displayed at the cross interpret our current situation rather than letting current circumstance interpret our understanding of God's Character.

I am currently suffering. My life is not how I expected it to be. I am not who I want to be.

I feel like God doesn't love me...

I feel like I can't really trust God...

I feel like God isn't good...

I am ashamed of who I am. I am ashamed of what has been done to me. I am ashamed of what I have done.

I feel like I am unlovable...

I feel like if I am really honest then no one will really like me...