



Grace
COMMUNITY CHURCH

✧ A Study Guide For ✧

Feelings and Faith

Cultivating Godly Emotions in the Christian Life

Part Three (Chapters 8-12)

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Feelings and Faith
Cultivating Godly Emotions in the Christian Life
Part Three: Mortifying Ungodly Emotions
CHAPTER 8: An Introduction to Mortifying Ungodly Emotions

1. When the word “mortify” is used in the bible it has a meaning that is different than how we now use it.
 - A. What did mortify mean in the King James Bible and Puritan writings?

 - B. Part of our sanctification process includes the mortification of our sin. According to Romans 8:13 we are to *mortify* the deeds of the body.
 1. What is the negative side of the sanctification process?

 2. What is the positive side of the sanctification process?

2. Mortification Step 1: Self-evaluate honestly.
 - A. Romans 12:3 gives two aspects to honest self evaluation. What are they?
 1. We are not to _____

 2. We are to _____

 - B. Identifying patterns of sinful emotions and emotional displays can be difficult. Read the following scriptures and summarize how they apply to identifying sinful patterns.
 1. Proverbs 27:6

 2. Psalm 139:23-24

 3. Proverbs 10:17; 12:1,15; 15:5, 10, 12, 31, 32; 19:20, 25, 27; 21:11

C. As you read the following scriptures, consider your own sinful emotional patterns and tendencies for excuses and blame shifting. How have you responded in similar circumstances?

1. Self-deceit (Jeremiah 17:9)

2. Self-justification (Luke 10:25-29)

3. Making excuses (Jeremiah 18:11-12)

D. Pastor Brian states that “...we must evaluate ourselves with sober judgment” (page 99). Why is *sober* judgment necessary?

E. **APPLICATION:** Ponder the phrase “fig-leaf theology”. Where are you applying “fig-leaf theology” in your life?

3. Mortification Step 2: Confess and repent of ungodly emotions.

A. Read Proverbs 28:13.

1. What happens to the one who conceals his transgression?

2. What two things must one do receive mercy?

a)

b)

B. Read I John 1:9.

1. What are we to do?

2. What does God do?
 - a)

 - b)

3. What characteristics of God are emphasized in this verse?

C. Read James 5:16.

1. When we have sinned against another person, what must we do?

2. What is the difference between genuine confession and just saying "I'm sorry"?

QUOTABLE: *"Sin is sweet in commission, but bitter in remembrance"* (Thomas Manton, page 99).

D. God has provided us with everything we need to mortify our ungodly emotions.

1. Read Ephesians 1:3.
 - a) Comment on the phrase "every spiritual blessing."

 - b) What difference does this make in your life?

2. Read 2 Peter 1:3
 - a) Write this verse in your own words using personal pronouns (“Your”, “You”, “me”).
 - b) Which phrase has impacted you the most? Why?
 3. How do these verses encourage us in putting sin to death?
- E. Being accountable to other people is an important part of mortifying ungodly emotions.
1. Summarize the Dietrich Bonhoeffer quote in two or three sentences (page 100).
 2. Read Hebrews 3:12-13.
 - a) What are we to “take care” about? Why?
 - b) Why are we to exhort one another?
- F. **APPLICATION:** Do you have healthy Hebrews 3:12-13 relationships? Do you pray routinely for them? If you don’t have such a relationship, pray that God would build one.

4. Mortification Step 3: Learn the Biblical Process.

A. What are the three steps of the Biblical process?

1.

2.

3.

B. Why is it important to see sin through biblical lenses?

C. **APPLICATION:** Memorize either Ephesians 1:3 or 2 Peter 1:3. Let the truth of the verse encourage you as you actively work to mortify ungodly emotions.

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CHAPTER 9: Sinful Anger

1. Anger is an emotion: something we feel and something we do. Consider sinful anger.
 - A. What is our culture's view of anger?

 - B. What parts of our culture's view do you agree with?

 - C. What do you disagree with?

2. Bearing in mind the section "Understanding Anger" on page 103, what do you learn about anger in the following verses? As you study them, consider who is angry and the characteristics of the anger.
 1. Mark 3:5

 2. Psalm 103:8

 3. Psalm 30:5

 4. Psalm 78:38

 5. Psalm 78:65-66

 6. Ephesians 4:26

- B. It's important to understand the difference between righteous anger and sinful anger. Complete the following table using the author's discussion and the quotes from Lou Priolo and Alec Motyer on page 104.

	Righteous Anger	Sinful Anger
Caused by		
Motivated by		
Happens when		

3. Sinful anger is an internal problem, not a circumstantial and external one. What do you learn about sinful anger from the following?
- A. Mark 7:21-23
 - B. Paul Tripp quote on page 105
 - C. Pastor Brian's counseling example on page 105
4. Describe the "crock-pot" effect. Can you think of a time you have reacted in this manner?
5. Scripture speaks frequently about the influence of heart attitudes. What do you learn from the following passages about the source of anger?
- A. Proverbs 13:10
 - B. James 4:1-2

6. Blowing up and clamming up are two common reactions to anger. Read about the following men and describe how their attitudes and actions affected their handling of anger.
 - A. Cain (Genesis 4:4-8)

 - B. Ahab (1 Kings 21)

7. Read James 1:19-21.
 - A. List three things we should be (verse 19).
 - 1.
 - 2.
 - 3.

 - B. What is the relationship between sinful anger and the righteousness of God (verse 20)?

 - C. What are we to put off (verse 21)?

 - D. What are we to receive? How are we to receive it (verse 21)?

8. **APPLICATION:** Pause and reflect on the last week. Has the truth of #7 been verified in your life? How?

9. Comment on Pastor Brian's statement *"As long as we think about it (anger) unbiblically and justify it wickedly, it will control us and we will never kill it"* (page 107). He further discusses several ways we must view anger. Which ones impressed you the most?
10. The following verses provide a biblical sketch of anger: Read the verses and write a summary of what each section says about anger. Consider cause-effect relationships.
- A. Genesis 4:3-8
 - B. Proverbs 14:17, 29; 29:11
 - C. Proverbs 15:18; 29:22
 - D. Proverbs 19:19
 - E. Proverbs 22:24
 - F. Matthew 5:21-22
 - G. Galatians 5:19-21
 - H. Ephesians 4:26-28
11. **APPLICATION:** Which passage in #10 impressed you the most? Why?
12. What are some common unbiblical feelings and thoughts concerning anger?
13. Unbiblical feelings and thoughts about anger must be acknowledged as sin and dealt with accordingly. Explain each of the following steps to mortifying sinful anger (page 108).
- A. Bringing the anger under the authority of the Word.
 - B. Confessing the ungodly anger as sin.
 - C. Repenting of the ungodly anger.

14. Repenting of sin includes forsaking the sin. This is a two-sided process. We must turn from the ungodly behavior or thought and turn to the biblical, godly response (Proverbs 28:13).

A. Read Ephesians 4:31-32.

1. What must be put off?

2. What must be put on?

B. Read Colossians 3:8-10.

1. What must be put off?

2. What must be put on?

15. Pastor Brian gives two questions that we should ask ourselves when we try to control our thoughts. What are they?

A.

B.

16. APPLICATION: Carefully read the closing paragraph of this chapter. How does the truth of these words encourage you and challenge you?

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CHAPTER 10: Unforgiveness and Bitterness

1. Understanding Pastor Brian's definition of emotions is crucial to our understanding of the process of mortifying and cultivating biblical emotions. He states that emotions are more than feelings. Complete the definition below and ponder the significance of his carefully chosen words.
 - A. Emotions are the _____ of our _____ and _____ that affect _____ and _____.
 - B. Are emotions and feelings the same? Why or why not?
 - C. Is the act of forgiveness the totality of forgiveness? Why or why not?
 - D. What is your reaction to the statement "*The stink crop of unforgiveness is bitterness*" (page 111)?
 - E. **APPLICATION:** Where have you found this true in your own life?
2. Read Hebrews 12:15. What do you learn from each phrase?
 - A. See to it (*examples: "It is a command." "It is my responsibility."*)
 - B. Root of bitterness (*Consider the difference between "root" and "fruit".*)
 - C. Springs up
 - D. Causes trouble
 - E. Many are defiled
3. Honest self-evaluation is the first step in overcoming unforgiveness and bitterness. Summarize the following verses in your own words.
 - A. Romans 12:3
 - B. Jeremiah 17:9
4. **QUOTABLE:** "*..... bitterness is the fruit, and unforgiveness is the root*" (page 112).

5. Read Matthew 18:23-35. Remember that Jesus tells this parable to demonstrate that God's true people have been forgiven far more than they will ever forgive.
 - A. What is the overall setting in this parable?
 - B. Who are the two characters and who do they represent?
 - C. What does the debt represent? How important is that?
 - D. What do you learn from the pronounced judgment in verse 25?
 - E. What proposal did the slave make? Was it possible for him to fulfill his promise?
 - F. What lessons did you learn from the master's response?

6. Read Matthew 18:28-31.
 - A. Consider the first servant's words and actions.
 1. What did the slave do?
 2. What does this reveal about his heart?
 3. What should he have done?
 - B. What is the significance of the debt the second servant owed to his fellow-servant?
 - C. What do you learn in vv. 29-30 about the first servant's heart?

7. Read Matthew 18:32-35.
 - A. How did the master address the slave?
 - B. Why was the master angry?
 - C. What was the outcome?
 - D. **APPLICATION:**
 1. What is the primary lesson of this parable?
 2. Identify and explain the warning of this parable.

8. Pastor Brian states that *"there are two things we must not do with this parable"* (page 116).
 - A. Identify and explain the first thing.
 - B. Identify and explain the second thing.
9. This parable teaches an astonishing and wonderful truth about forgiveness. What is it?
10. This parable also teaches a sobering truth and warning about forgiveness. What is it?
11. Pastor Brian asks the questions: *"Why is it so hard to forgive from the heart? Why is the emotional element so difficult to master?"* (page 117). He then gives several possible answers in response to those questions. Identify the possible answers.
 - A.
 - B.
 - C.
 - D.
 - E.
12. In understanding forgiveness, it is important to understand what forgiveness *is not*. Five points are made on page 118 concerning what forgiveness *is not*. Identify and explain the main points.
 - A.
 - B.
 - C.
 - D.
 - E.

13. Forgiveness does not look the same when the offender has not repented. The following scriptures address this issue. Read and summarize the following scriptures.

- A. Luke 17:3-4
- B. Romans 12:19 (Carefully read chapter note 10, page 224.)

14. Forgiveness is freely letting go of the offense and not expecting penance, payment, or getting even. Read the scriptures below. Which ones impressed you the most? Why?

- A. Psalm 130:4
- B. Micah 7:19
- C. Jeremiah 31:34
- D. Psalm 103:12
- E. Ephesians 4:32

15. Three principles are discussed in the section “How to Break the Emotional Barrier”. Read the following and summarize each principle in a few sentences.

- A. Take the warnings seriously.
 - 1. Matthew 6:12, 14-15; 18:35
 - 2. *“Forgiveness is not a method to be learned as much as a truth to be lived”* (DeMoss, page 119).
 - 3. Summary of principle:
- B. Keep the scales of sin in perspective.
 - 1. *“When we see the majesty and holiness of God, then we see our sins for what they are---unpayable debts against divine holiness (page 119).*
 - 2. Summary of principle:

C. Trust in divine sovereignty and justice.

1. Genesis 50:20
2. Romans 12:17-21
3. Romans 8:28
4. Colossians 2:13-14
5. Romans 12:19
6. John Piper quote, page 121
7. Summary of principle:

16. APPLICATION:

- A. Read the concluding example of a man's forgiveness of his wife's unfaithfulness. Note how the following scriptures strengthened him. How do these scriptures compliment and reinforce the other?
1. Ephesians 4:32
 2. Romans 8:28
- B. Memorize the above scriptures. They are powerful tools in the midst of struggles.

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CHAPTER 11: Fear, Anxiety, and Worry

1. Reflecting on previous chapters, what are the two governing principles when mortifying ungodly emotions? Use the following scriptures in your answer.
 - A. Romans 12:3
 - B. Proverbs 28:13

2. Pastor Brian opens this chapter with a personal story from his seminary days. Explain what happened each day and describe the emotions and feelings he experienced.
 - A. Monday
 1. Event
 2. Emotion and Feelings
 - B. Tuesday
 1. Event
 2. Emotion and Feelings
 - C. Thursday
 1. Event
 2. Emotion and Feelings

3. **APPLICATION:** Have you ever had a similar experience? Keep your experience in mind as you study this section and note when you should have thought or acted differently.

4. Not all fear is ungodly. What are two kinds of biblical fear (page 124)?
 - A.
 - B.

5. Read the following verses. Explain the human manifestations of the following ungodly fears and the biblical perspective.
 - A. Fear of man: Proverbs 29:25
 1. Manifestations
 2. Biblical perspective
 - B. Fear about the future: Matthew 13:22; Luke 21:34
 1. Manifestations
 2. Biblical perspective
 - C. Fear of dying: Luke 12:25-26
 1. Manifestations
 2. Biblical perspective
6. Worry and anxiety are springboards for other problems. Read the quote from John Piper (page 126) and list some of the sins sprouting from anxiety.
 - A. Anxiety about finances
 - B. Anxiety about success
 - C. Anxiety about relationships
 - D. Anxiety about how others respond to us
7. What does the Bible say about the effects of anxiety (page 126)?
 - A. Proverbs 12:25
 - B. Psalm 37:8b
 - C. Isaiah 57:11

8. Read Isaiah 41:10 and note the patterns.
 1. The command: Fear not
 2. The reason:
 3. The command: Be not dismayed
 4. Reason 1:
 5. Reason 2:
 6. Reason 3:
 7. Reason 4

9. Read Isaiah 41:13-14. In these verses we are told to “fear not”. The names, character, and activities of God are given as reasons why we should not fear. List what is stated about God in these verses.
 - A.
 - B.
 - C.
 - D.
 - E.

10. What do the following verses teach us about a proper response to fear, anxiety, and worry?
 - A. Matthew 6:25-34
 - B. Luke 12:32
 - C. Philippians 4:4-6

11. Before continuing further, review the author’s definition of emotions (page 26, last paragraph). What are the two parts of his definition? Which part is he emphasizing in the current chapter?
 - A.
 - B.

- 12.** Is the source of fear, anxiety, or worry external or internal? Explain your answer using the above definition of emotions.
- 13.** Pastor Brian states that unbelief is the source of fear, worry, and anxiety. Read the following scriptures and summarize how they support his statement (page 128).
- A. Isaiah 57:11
 - B. Matthew 6:25-34

QUOTABLE: *We put a stranglehold on them (fear, anxiety, and worry) with the vise grips of truth (page 128).*

- 14.** Each of following speaks about the truth that can break fear's grip. What is that truth?
- A. 2 Timothy 1:7
 - B. Romans 8:15
- 15.** Many scriptures speak of the believer's safety in God. Read the following and note where the writer finds security. Which verse impresses you the most? Why?
- A. Proverbs 18:10
 - B. Psalms 56:3
 - C. Romans 8:28 29
 - D. Psalm 56:11
 - E. Psalm 27:1-3

16. Reflect on the following quote: *“God’s promises kill fear because they remind us who God is and what he is like, that he is near us, and that we find our security and peace in Him”* (page 130.) The following scriptures confirm this truth. Write the scriptures in your own words.

A. Psalm 94:19

B. Psalm 37:7

C. Psalm 55:22

D. 1 Peter 5:7

E. Psalms 34:4

F. Philippians 4:6-7

17. At the beginning of the chapter, Pastor Brian describes an event in his life that brought fear, worry, and anxiety. He tells us the end of the story in the concluding paragraphs of the chapter.

A. How did he use the principles in the book in this time of great personal need?

B. Have you recently experienced a situation when you did or should have applied these principles? What would you change?

18. APPLICATION

A. Read Isaiah 41:10 and refer to Question #8. Write the verse down, concentrating on the phrases and applying the truths to your own life.

B. Memorize Isaiah 41:10 so it will be immediately available when fear, worry, or anxiety come upon you.

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CHAPTER 12: Depression

1. Chapter 12 opens with a discussion of the reality, severity, and complexity of depression. What impressed you the most in the first two paragraphs? Why?

2. The Bible covers the whole spectrum of human emotions including depression. Read Deuteronomy 28:65-67. Which specific descriptions of depression caught your attention? Why?
 - A.
 - B.
 - C.
 - D.
 - E.

3. All of the psalms address the human experience; however, the lament psalms deal with depression. Read the following passages and note what the psalmist is experiencing.
 - A. Psalm 42 & 43. What is the three-part, repeated mournful refrain? Pay attention to the words *despair*, *turmoil*, and *downcast*.
 - 1.
 - 2.
 - 3.
 - B. Psalm 77:7 -9.
 1. What are the questions the psalmist is asking?
 2. Describe what inner turmoil the psalmist is expressing.
 3. How do those questions reflect what Ed Welch describes as “a stubborn darkness”?

4. The proverbs also describe depression. Read the following passages and think of an example of how the proverb can be applied to daily life in our generation.
 - A. Proverbs 13:12
 - B. Proverbs 17:11
 - C. Proverbs 18:14

5. The following key biblical figures experienced depression. Read the author's summary of the events in their lives (page 135) and the referenced scriptures. Summarize their experiences and the indications of depression. Do you identify with any of them? Which one and why?
 - A. Job

 - B. Elijah (I Kings 19:4)

 - C. Jonah (Jonah 4:3,8)

 - D. Paul (2 Corinthians 1:8-10)

6. There are numerous signs of depression (pages 135-136). List some of these feelings and note any comments you may have about them.
 - A.
 - B.
 - C.
 - D.
 - E.
 - F.

7. Pastor Brian calls depression “a destroyer” that does not look the same in every person (page 136). He then warns of two common mistakes in our attempt to understand depression. What are the two mistakes?
 - A.
 - B.
8. **APPLICATION:** Consider your answer to #7. Summarize what your attitude should be when considering your own depression or the depression of another.
9. Consider the relationship between the body and the soul.
 - A. Read Matthew 10:28. Is there a distinction between body and soul? What word in the verse affirms that body and soul are two separate things?
 - B. Read Psalm 38:3. Do body and soul affect one another? What word in this verse affirms that there is a cause and effect relationship?
 - C. What are some physical sources of depression?
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.
 - 6.

10. Depression sometimes has sin-related issues. Meditate on Psalm 32:3-5.

1. What happened when David kept silent?
2. What happened when David confessed his sin?

11. Not all depression is the result of sin. What are some other causes of depression?

- A.
- B.
- C.
- D.

12. What happens when depression moves toward self-pity?

13. What does “developing depression patterns” mean?

14. Describe depression’s downward spiral of thinking and acting.

QUOTABLE: *“One of the saddest liabilities of depression is that it can become a tortuous companion that begins to shape our identity” (pages 138-139).*

15. Pastor Brian discusses four ways of dealing with depression. Using your own words, summarize the references and give a concrete example of how it is pertinent to your own life.

- A. Do not forget the temple. (1 Corinthians 6:19-20; 1 Timothy 4:8; quote from the *Self-confrontation Manual*, page. 140)

B. Deal with the soul (honestly deal with known sin). (Psalm 32, 139:23-24, 51, Proverbs 28:13; 1 John 1:9; quote from Ed Welch page 141).

C. Take every thought captive with truth.

QUOTABLE: It (depression) is an emotional state that makes us vulnerable to believing lies (page 141).

1. Concerning guilt (Romans 8:1; John 14:1)
2. Concerning chaos and confusion (John 16:33)
3. Concerning suffering and its purpose (James 1:2-4)
4. The principal of “preaching to yourself”
 - a) What is the principle of “preaching to yourself”?
 - b) How do psalms 42 and 43 illustrate this principle?

D. Change feelings by doing the right thing

1. Genesis 4:7, Isaiah 58:10-11
2. The importance and responsibility of good friends (Proverbs 18:24, Hebrew 3:12-13; Ephesians 4:15, 6:17)

APPLICATION: Read 2 Corinthians 10:3-5. How does it apply to your life? Make a commitment to memorize these verses so they are readily available to your mind and heart.