



Grace
COMMUNITY CHURCH

✧ A Study Guide For ✧

Feelings

and

Faith

Cultivating Godly Emotions in the Christian Life

Part One (Chapters 1-3)

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Feelings and Faith
Cultivating Godly Emotions in the Christian Life
Part One: A Biblical-theological Foundation for Understanding Our Emotions
CHAPTER 1: The Character of God

1. Our study on cultivating godly emotion begins with a study of the character of God. How do you expect that understanding the character of God will help you understand the practical process of cultivating godly emotions?

2. When you think about God, what are three or four characteristics that come to mind?
 - A.
 - B.
 - C.
 - D.

3. What do you hope to learn in this study?

4. What does Romans 11:36 teach us about the priority of God?

5. What is the danger expressed in Psalm 50:21?
 - A. What do we do?
 - B. What is God's response?

6. Pastor Brian compares God's emotions with our emotions (page 32). What are some of the differences?
 - A. God's emotions
 - B. God's emotions
 - C. God's emotions
 - D. God's emotions

7. Consider Isaiah 42:1

- A. What do we learn about God's emotions in this verse? Be specific in identifying God's emotions in this verse.

- B. What is an expanded meaning of the Hebrew word translated "delights" in Isaiah 42:1?

- C. What does this reveal about God's emotions?

8. What was God's emotion and to whom was His emotion directed in Matthew 3:17 and John 17:24?

9. The following verses focus on God's love of righteousness and justice. Notice the words that describe the degree, intensity, or result. Which verse meant the most to you? Why?

- A. Psalms 33:5
- B. Isaiah 61:8
- C. Jeremiah 9:24

10. God rejoices in His people. What emotion is repeated in these verses? What illustrations or similes does He use?

- A. Isaiah 62:5

- B. Zephaniah 3:17

- C. Jeremiah 32: 39-41

- 11.** God takes pleasure in Himself, His ways, His grace, and His people's obedience. Which verse has special meaning to you? Why?
- A. Psalms 115:3
 - B. Proverbs 16:7
 - C. Ephesians 1:5
- 12.** Consider each of the following verses. What does God value? How do His actions reflect what He values?
- A. Genesis 6:5-6
 - B. Judges 10:16
 - C. Psalms 78:4
 - D. Ezekiel 6:9
 - E. Exodus 22:22-24
 - F. Psalms 5:5-6
 - G. Psalms 95:10
 - H. Proverbs 6:16-19
- 13.** God is also compassionate and loving. Which of the following verses is most vivid to you? Why?
- A. Exodus 33:19
 - B. Isaiah 49:15-16
 - C. Jeremiah 31:3
 - D. Micah 7:18 -20
- 14. APPLICATION:** What does Pastor Brian's phrase "cultivating Godly emotions" mean to you? How do you plan to cultivate Godly emotions?

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CHAPTER 2: The Character of the Living Word and the Written Word

1. The Lord Jesus Christ is God in human flesh. His human life (including all of his emotional life!) was lived in perfect harmony with His Deity. Not only do we have the written word to instruct us, but we also have the life and character of Christ as an example and model. What do the following verses teach us about the divinity of Christ?
 - A. John 1:1 & John 1:14
 - B. Colossians 1:15
 - C. Colossians 2:9
 - D. Hebrews 1:3
 - E. John 14:9
2. In light of these truths, what can we conclude about the emotions of the Lord Jesus Christ?
3. Since the Lord Jesus Christ was the perfect God-man, what can we conclude about His emotions as a true man?
4. Since Christ's life and character is the example and model, what should your response be? Why? (1 John 2:6)
5. What is the character of the written Word: The Holy Bible? (2 Timothy 3:16; 2 Peter 1:21)
6. What does Hosea 11:8 say about God's emotions?

7. APPLICATION: Pastor Brian states on page 44: “God communicates with passion and emotion in his Word, and such communication is designed to make us respond in like manner.” As you read your Bible this week, read with a mind open to the expression of God’s passion and emotion.

A. Make a note of specific passages that impacted you. What emotion was expressed?

B. How should you respond to God as a result of your study?

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CHAPTER 3: A Biblical Anthropology and the Emotions

1. Define the term “biblical anthropology” and explain why it is crucial that the Bible be our source book and guide for our understanding of man.

2. The history of man from the biblical standpoint is set in four distinct eras.
 - A.
 - B.
 - C.
 - D.

3. God created man, as male and female, in his own image and likeness. This image has two complementary aspects. Explain these two aspects and give examples of their operation (page 48).
 - A. What it does
 1. Explanation
 2. Examples
 - B. What it is
 1. Explanation
 2. Examples

4. **QUOTABLE:** *He (man) possesses emotions because he is the image of God. He is called to express emotions because he is called to image God. Our emotions exist because we are made in the image of God who has emotions (page 48).*

5. Each distinct era in the history of man (see question #2) gives us new understanding of man's emotions.

A. **Man in his pre-fall state:**

1. Complete the following phrases:

- Adam and Eve's minds accurately _____
- Adam and Eve's wills properly _____
- Adam and Eve's emotions were properly _____

2. What else do you learn about the pre-fall state from Ecclesiastes 7:29?

B. **Man in his fallen state.**

1. What does Romans 5:12 say about man in his fallen state? What happened at the fall? What was the extent?

2. How did the fall affect man's mind? (Romans 1:21; Romans 1:28; Romans 8:6-7; Ephesians 4:17-18)

3. How did the fall affect man's will? (John 8:34; Romans 6:16)

4. How did the fall affect man's emotions? (Jeremiah 2:13; 17:9; John 3:19)

5. What were the consequences of the fall? How did it affect the individual and his relationships? (Psalm 32:3-4, 38:1-10, 38:11-15, 38:16-22; Proverbs 14:30; 17:22)

QUOTABLE: *"Man in his fallen state is pervasively ruined by sin in his mind, his will, and his emotions. Only redemption in Jesus Christ can begin the restoration project, rebuilding the ruins caused by sin. This reconstructive project begins with the new birth and is carried forward in sanctification (page 53).*

C. Man in his regenerate state:

1. Define the term regeneration. Who initiates it? What happens in regeneration?
2. The mind, the will, and the emotions all play an important role in the process of regeneration. It is important that we guard against two assumptions. What are they (page 54)?
 - a. We should assume
 - b. We should not assume
3. Identify and describe some of the emotions that every regenerate person will experience according to the following Scriptures.
 - a) Matthew 5:3
 - b) Isaiah 6:5
 - c) John 16:8
 - d) Romans 5:1
 - e) Matthew 13:44
 - f) I Peter 1:8
 - g) John 6:35
 - h) John 6:68
4. What is the process by which our minds, wills, and emotions are changed to ever-increasingly conform to God's image?
 - a) Our minds. (Romans 12:2; Ephesians 4:23; Colossians 3:1-2)
 - b) Our wills (Mark 3:35; Philippians 2:12-13; I John 2:17)
 - c) Our emotions (I John 2:15-17; Ephesians 5:1-2; Romans 5:5)
5. When we are redeemed, we enter a new kingdom. What is this kingdom like? What do the following verses say about the redeemed in this kingdom? (Romans 14:17; Galatians 5:22; Romans 7:15)

D. **Man in the future state:** Our redemption is complete when we are glorified. Read and rejoice in the following Scriptures. What verse is most encouraging to you? (This would be a good verse for memory work!)

1. Romans 8:17-23
2. Romans 8:28 -29
3. 1 Corinthians 13:8-13

APPLICATION: What would our churches and homes look like if we were able to sanctify our emotions in greater measure (page 57)?

As you study, pray that God would give you specific insight and abundant grace to apply these truths to your life.