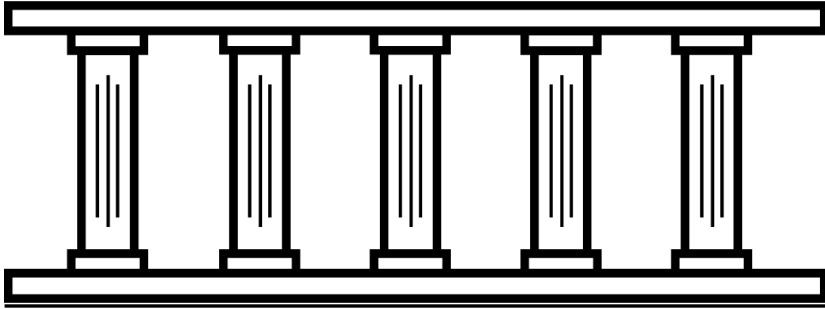


FIRM FOUNDATION



Session

1

Biblical View of Fear, Worry, and Anxiety

The Biblical View of Emotions

I. Our source of understanding

Our ultimate source of understanding of issues related to the human psyche is the Word of God.

What the Bible speaks to, it speaks to with absolute authority, clarity, and accuracy.

Hebrews 4:12

2 Timothy 3:16

Psalms 19:7-10

We must not allow the shifting sands of human reason and theories to cause us to doubt the power of the Word of God to give us instruction and help with the problems of life

Any theory or system of human understanding that rejects the truth of the Word of God and the person and work of Jesus Christ is fundamentally flawed

II. What are “emotions”?

What are some examples of what we refer to as “emotions”?

Definition of our English word “emotion”:

- an affective state of consciousness in which joy, sorrow, [fear](#), hate, or [the](#) like, is experienced, as distinguished from cognitive and volitional states of consciousness.
- any of the feelings of joy, sorrow, fear, hate, [love](#), etc.
- any strong agitation of the feelings actuated by experiencing love, hate, fear, etc., and usually accompanied by certain physiological changes, as increased heartbeat or respiration, and often overt manifestation, as crying or shaking.

It is necessary when defining emotions to include _____, otherwise the definition doesn't help.

What does this reveal about emotions?

III. The Bible and emotions

There is no _____ term for the English word emotions in either Hebrew (Old Testament) or Greek (New Testament)

Therefore, the word “emotion” is not found in any English Bible _____.

The same is true of the word “feelings.” It might be supplied to make sense of a word, or to describe something which is happening within a person (usually compassion).

Amos 6:1; 2 Cor 11:2 (ESV); Phil 1:7; Phil 1:8

The Bible doesn't speak of "emotions" as an _____ or class in and of themselves.

The Bible DOES speak about the _____ of what we refer to as emotions

The Bible also gives us plenty of instructions and examples regarding _____ "emotions"

IV. Our hearts and emotions

The Bible describes our emotions as coming from the heart.

The word "heart" shows up 726 times in the Bible (608 Old Testament, 118 New Testament)

The moral and spiritual center of your being:

Deuteronomy 4:9 *Only take care, and keep your soul diligently, lest you forget the things that your eyes have seen, and lest they depart from your heart all the days of your life. Make them known to your children and your children's children.*

The center of your being:

Luke 12:34 *For where your treasure is, there will your heart be also.*

Deut 4:29; 1 Sam 7:3; 12:20

Who a person TRULY is:

1 Samuel 16:7 *But the LORD said to Samuel, "Do not look on his appearance or on the height of his stature, because I have rejected him. For the LORD sees not as man sees: man looks on the outward appearance, but the LORD looks on the heart."*

1 Kings 8:39; Romans 6:17

Seat of worship:

Deuteronomy 30:17 *But if your heart turns away, and you will not hear, but are drawn away to worship other gods and serve them*

1 Kings 11:4 *For when Solomon was old his wives turned away his heart after other gods, and his heart was not wholly true to the LORD his God, as was the heart of David his father.*

Ephesians 5:19; Deut 29:18

Desires:

Psalms 37:4 *Delight yourself in the LORD, and he will give you the desires of your heart.*

Job 17:11; Psalm 40:8; 62:10; Matthew 5:28

Where conversion takes place:

Deuteronomy 30:6 *And the LORD your God will circumcise your heart and the heart of your offspring, so that you will love the LORD your God with all your heart and with all your soul, that you may live.*

Luke 8:12

Thoughts, ideas, meditation:

Genesis 6:5 *The LORD saw that the wickedness of man was great in the earth, and that every intention of the thoughts of his heart was only evil continually.*

Nehemiah 7:5 *Then my God put it into my heart to assemble the nobles and the officials and the people to be enrolled by genealogy. And I found the book of the genealogy of those who came up at the first, and I found written in it:*

Judges 16:17; 1 Samuel 1:13; Luke 2:19

Inner strength, will, determination, motivation:

Ezra 7:10 *For Ezra had set his heart to study the Law of the LORD, and to do it and to teach his statutes and rules in Israel.*

Psalms 22:14 *I am poured out like water, and all my bones are out of joint; my heart is like wax; it is melted within my breast*

1 Samuel 25:37; 1 Kings 8:17; Acts 8:22

Conscience (guilt):

Acts 2:37 *Now when they heard this they were cut to the heart, and said to Peter and the rest of the apostles, "Brothers, what shall we do?"*

1 John 3:21 *Beloved, if our heart does not condemn us, we have confidence before God*

1 Samuel 25:31; 2 Samuel 24:10; Job 27:6

Is the source of evil:

- Evil intentions (Gen 6:5; 8:21)
- Stinginess, coveting, greed (Deut 15:7, 10; 2 Pet 2:14)
- Hatred, despising, jealousy (Lev 19:17; 2 Sam 6:16; James 3:14)
- Stubbornness, rebellion, pride (Exod 7:13; Deut 8:17)
- Deceit (Psalm 12:2; Acts 5:3)
- Foolishness (Psalm 53:1; 73:7; Prov 22:15)
- Bitterness (Psalm 73:21)
- Every sort of sin (Matt 15:19)
- Unbelief or spiritual sensitivity (Matt 13:15; 19:8; Mark 6:52; 16:14)

Can lead you astray:

Numbers 15:39 *And it shall be a tassel for you to look at and remember all the commandments of the LORD, to do them, not to follow after your own heart and your own eyes, which you are inclined to where after.*

Is the seat of virtue:

- Moral and spiritual uprightness (Gen 20:5; Psalm 7:10)
- Generosity, willingness to give (Exod 35:5; Acts 2:46)
- Courage (Psalm 27:3, 14)
- Compassion, sympathy (2 Sam 14:1)
- Humility (Psalm 51:17)
- Forgiveness (Matt 18:35)
- Understanding, wisdom, knowledge (1 Kings 3:9; Deut 8:5; 29:4)
- Faith (Luke 18:1; John 14:1; Rom 10:9-10)

- Love (1 Pet 1:22)

Is the source of our words:

Deuteronomy 6:6-7 These words, which I am commanding you today, shall be on your heart. You shall teach them diligently to your sons and shall talk of them when you sit in your house and when you walk by the way and when you lie down and when you rise up.

Matthew 12:34 You brood of vipers! How can you speak good, when you are evil? For out of the abundance of the heart the mouth speaks.

Luke 6:45 The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks.

Is the source and seat of emotions:

- Fear (Deut 20:8; 2 Sam 17:10)
- Rejoicing, joy, gladness (Exod 14:4; Deut 28:47; Ruth 3:7; Psalm 19:8)
- Sadness (1 Sam 1:8; Psalm 13:2; John 16:6)
- Turmoil, anguish (Psalm 38:8; 55:4)
- Anger (Eccl 7:9)

To summarize the Biblical view of the heart:

The Bible uses the term “heart” to refer to the innermost center of a person.

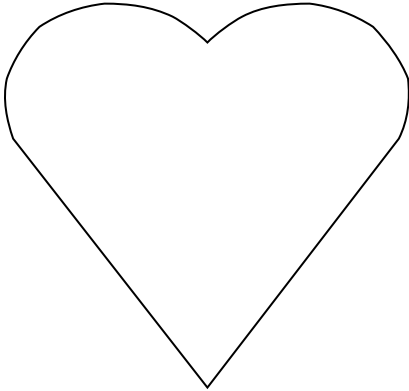
- The heart is the center of bodily life
- The heart is the center of rational and spiritual life; the decision-making and determining locus of a person
- The heart is the center of thought and forming concepts
- The heart is the center of “emotions” and affections
- The heart is the center of moral life, and therefore the seat of sin within man and the operative center of the conscience

Importance of the heart:

Proverbs 4:23 – Keep your heart with all vigilance, for from it flow the springs of life.

- We are to _____ (keep watch over, protect, cultivate) our hearts, because what goes on in the heart determines our lives
- One of the problems with how we often address our internal struggles is a radical _____ between heart, mind, spirit, etc.
- We cannot separate the _____ from the mental or spiritual. These are linked together because they all flow out of what is taking place in our hearts.

V. A model of the life of the heart



Questions

1. What do I believe?
2. What am I committed to?
3. What do I want?
4. What is motivating me?

Questions

1. What am I dwelling on?
Thinking about?
2. What most easily comes
out of my mouth? What
do I talk about?
3. What do I do? What is the
fruit of my life?

Questions

1. Is there peace?
2. Do I have joy?
3. Am I miserable?
4. Is there blessing/
cursing in my life?