

June 1, 2018

Hello Church Family,

## **Emotionally Human and Holy**

*By Daniel Henderson*

Emotion is essentially an outward expression of what is going on in inwardly. Christians are not the only ones who show emotion. Non-Christians also get emotional about many things: sports, romance, births, deaths, personal conflict, injustice, etc. Intense emotion, prompted by a happy or tragic event, is common to all people and part of the glory of God creating us in His image. Yet, only Christians can experience truly holy emotion. Christ-honoring, Christ-witnessing, Christ-loving emotion is unique to those indwelt by the Holy Spirit.

The exuberant happiness I experienced when the Seahawks clobbered the Broncos in the Super Bowl XLVIII was only matched by the exasperating disappointment I felt the next year when they gave the victory away to the Patriots in the final minute in Super Bowl XLIX. Emotion is part of life. But this common, God-given emotion had nothing to do with the mission of Jesus.

On the other hand, there have been many occasions when I have wept over men expressing deep repentance at a prayer summit. I have cheered joyously at outdoor baptisms and felt profound agony as I've seen the spiritual lostness of people in various nations of the world. I've struggled with deep grief watching my parents and treasured church members slip from this life on their deathbed. I've tasted the joy of the angels when someone committed their life to Christ after we've prayed for many years. These are emotions rooted in the glory of the gospel.

Our feelings can be positive or negative, godly or carnal. We know they can tend to change on a dime and are sometimes hard to understand. Several of my godly mentors have advised, "Never let your highs get you too high, or your lows get you too low." Perhaps they knew I had a particular need for this wisdom.

### **A Tool of Purpose**

So, as we think about the inside-out work of the indwelling Holy Spirit, we must let Him engage and empower our emotions, but also govern them. Writer Jon Bloom counsels: "God designed your emotions to be gauges, not guides. They're meant to report to you, not dictate to you. The pattern of your emotions (not every caffeine-induced or sleep-deprived one!) will give you a reading on where your hope is because they are wired into what you believe and value — and how much. That's why emotions like delight (Psalm 37:4), affection (Romans 12:10), fear (Luke 12:5), anger (Psalm 37:8), joy (Psalm 5:11), etc., are so important in the Bible. They reveal what your heart loves, trusts, and fears. 'Pleasure is the measure of your treasure', because the emotion of pleasure is a gauge that tells you what you love."[\[1\]](#)

Charles Swindoll wrote honestly about his experience of emotion: “I have found that my feelings often represent some of the most sensitive areas in my life touched by the Spirit of God. Not infrequently do my emotions play a vital role in how and where the Spirit is guiding me, giving me reason to make significant decisions, cautioning me to back off, and reproving me for something in my life that needs immediate attention.”<sup>[ii]</sup>

Honest and helpful words. He continues, “We are strange creatures: proud of our brains, stubborn in our will, but ashamed of our emotions – though we deny all three!” He states that one of the benefits of a life sensitive to the Holy Spirit is that it “allows us to warm up to our emotions, which is nothing more than allowing ourselves the freedom to be real, to be whole. . . Expressing one’s emotions is not a mark of immaturity or carnality.”<sup>[iii]</sup> The Spirit-inspired Psalms, packed with emotion of all kinds, affirm and illustrate this reality.

Emotions are driven by our thoughts. Circumstances do not determine our emotions. Rather, our thoughts toward, and in response to, those circumstances drive our emotions. Clearly, there are real bio-chemical factors for some people. In some seasons of life, the weight of a major trial or crisis puts us in disarray or complete brokenness. But most of the time, the emotional battle is won or lost at the level of our thinking. It’s not always what I am going through, but how I am thinking about what I am going through that sparks strong emotion.

So, this is where the “renewing of our minds” according to Biblical truth is so essential. Ephesians 4:17–24 explains that the unsaved manifest sensuality and impurity based on hardened hearts, rooted in the futility of their minds. Believers, embracing the “truth that is in Jesus,” are renewed in the spirit of their minds and able to overcome deceitful desires to live out the truth of a “new self.” What we believe fuels how we behave. Lies instigate destructive feelings. Truth shapes godly reactions and profitable emotional behavior.

John Piper elaborates with these words: “My feelings are not God. God is God. My feelings do not define truth. God’s word defines truth. My feelings are echoes and responses to what my mind perceives. And sometimes—many times—my feelings are out of sync with the truth. When that happens—and it happens every day in some measure—I try not to bend the truth to justify my imperfect feelings, but rather, I plead with God: Purify my perceptions of your truth and transform my feelings so that they are in sync with the truth.”<sup>[iv]</sup>

### **Spirit- Activated Emotions**

The New Testament presents a profound contrast between those whose lives are guided and oriented around the Holy Spirit and those ruled by their flesh. The fruit of these dissimilar lifestyles is seen in some emotionally-infused terms. The flesh is evident in “sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and

things like these” (Galatians 5:19–21). Some of these behaviors would be classified as emotional manifestations, the others involve emotional motivations.

But those whose regular conduct is ordered according to the life of the Holy Spirit embrace truth and exhibit trust in ways that demonstrate “love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control” (5:22–23). Our emotions are transformed by the inside-out work of the Holy Spirit.

When we are filled with the Spirit, our truth-based and truly healthy emotions are focused on the astonishing wonder of the person and work of Jesus. The Spirit’s control overflows in song, gratitude, and willing submission (Ephesians 5:18–21). “Theologically speaking, emotions are ‘rightly ordered’ when they are appropriately directed. In order for an emotion to be considered ‘a full-fledged emotion’—as opposed to, say, a ‘mood’—it needs an object: something to be directed toward. To have our emotions rightly ordered, then, is to have them appropriately directed toward the right objects.”<sup>[v]</sup> The right and best object is the person, purposes, and power of Christ.

### **Finding the Balance**

We all live each day, and come together each weekend, with real needs. Many of these necessities affect our emotions. Unpredictable circumstances, strained relationships, financial pressure, health difficulties, work conflict, and many more dynamics can trigger difficult feelings within the course of any given week. To manage our emotional responses, we need to embrace Biblical truth, applied by the indwelling Spirit, whose very life is one of holy emotion.

So, tomorrow as you wake up, and this weekend when you worship, here are some helpful questions to ask:

- Am I aware of and open to my God-given emotions?
- What is prompting this particular emotion?
- What thoughts may be fueling and shaping this emotion?
- Are these thoughts being transformed by the word of God?
- Based on God’s word, where should I focus my trust?
- Are these emotions consistent with the fruit of the Holy Spirit and submitted to His control?
- How can the Holy Spirit use these emotions to glorify Christ?
- How are these emotions affecting others?
- Is my emotional expression building up others or in some way distracting or discouraging them?
- If my regular emotions are proving to be destructive, how and when will I get outside help to maintain emotional health and spiritual maturity?

(This devotion was excerpted, in part, from the brand-new book, *Transforming Presence: How the Holy Spirit Changes Everything from the Inside Out*, due for release on June 5).

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[i] Jon Bloom, <https://www.desiringgod.org/articles/your-emotions-are-a-gauge-not-a-guide>

[ii] Charles Swindoll, *Flying Closer to the Flame* (Dallas: Word Publishing, 1993), 155

[iii] *Ibid*, 155-156

[iv] John Piper, *Finally Alive: What Happens When We Are Born Again* (Fearn, Highland: United Kingdom, 2009), 17

[v] Glenn Packiam, <https://churchleaders.com/worship/worship-articles/306192-emotions-worship-wrong-glenn-packiam.html>

See you soon,  
Pastor Mike

**Here's a quick look at a lot of Chapel Oaks information. Have a fabulous Friday and a satisfying Sabbath!**

### **SABBATH, June 2**

9:30 a.m. – Sabbath School

10:45 a.m. – Worship Service, *“Who Have You Taught Today?”*, Steve Kinser on Titus 2:7, 8

Fellowship Meal postponed until next Sabbath June 9.

5:30 p.m. – RENEW Sabbath Vespers

**Please note: The RENEW Haystack Potluck has been cancelled for June 2.**



**Chapel Oaks Strawberry Festival and Family Fun Day**

Sunday, June 10, 3:00 to 6:00 p.m. at Garrett Park, 22325 West 47<sup>th</sup> Street (north of the church on Monticello to 47<sup>th</sup> then turn west ½ mile). Strawberry shortcake, ice cream, & games for every age. See Fred Lucky for more information.



***Empathize with today's young people:***

*"... at the core of what it means to be human lie three ultimate questions. If we are going to empathize with today's young people, we have to explore these questions. They are often what keep today's teenagers and emerging adults awake at night. Who am I? Where do I fit? What difference do I make? The first is a question about identity, meaning a young person's conception and expression of who they are. This question holds up the mirror and scrutinizes me. The second is a question of belonging, or a young person's quantity and quality of life-giving relationships. This question looks around the room, eager to explore us. The third is a question about purpose, or a young person's commitment to and ability to engage in meaningful activities that impact others. This question peers out the window and wonders about our world."*

**--Growing Young p. 95**



# REACH KC

 IT IS WRITTEN.

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## Discoveries in Daniel Seminar



### **Discoveries in Daniel Seminar**

**Chapel Oaks: Tuesday Evenings 7:00 p.m.**

Pastor Mike is leading a chapter-by-chapter study of the book of Daniel each Tuesday night. Our next study will be Daniel chapter 5.

### **Praying Together with H.O.P.E. (House Of Prayer Everywhere)**

Join us for H.O.P.E on Wednesdays at 6:30 p.m. and each first Sabbath after potluck. The Wednesday night format has changed. We spend several minutes in Bible study before we pray.

*“We are to find our strength just where the early disciples found their strength: ‘These all continued with one accord in prayer and supplication.’ ‘And they were all filled with the Holy Ghost, and they spake the word of God with boldness. And the multitude of them that believed were of one heart and of one soul.’ Acts 1:14; 4:31, 32. --Testimonies for The Church Volume 6, p. 140*

**Next Steps for Your Circle of 8 you are praying for:**

Why not invite them to the Chapel Oaks Strawberry Festival and Family Fun Day?

**Adventist Radio for Kansas City: *Reach KC Radio***

**102.9 FM from 6:00 to 9:00 p.m. nightly**

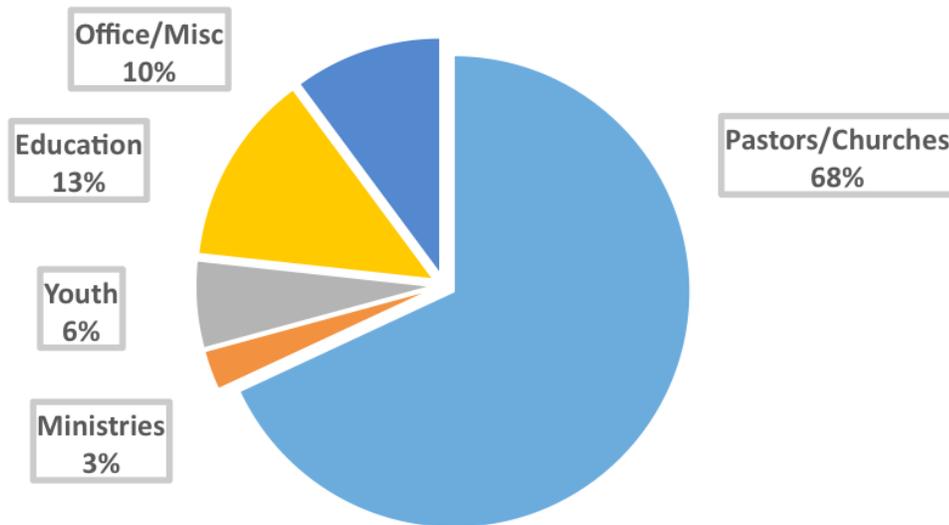
You can tune in from the Web here: <http://www.kcxl.com/>. There is the possibility of purchase of FM 99.3 with the major dollars coming from outside of our conference.

Please pray about this! You can now give to support *Reach KC Radio* through Chapel Oaks. Just mark your donations *Reach KC Radio*.

**Please keep us updated on your contact information!** We want to keep you informed through email, texts or calling-posts. The easiest way to keep us updated is to click on this link: [chapelooks.org](http://chapelooks.org) Then click “Member Info. Update”

**How does the Kansas Nebraska Conference allocate tithe dollars that stay within the conference?**

## Tithe Usage within Conference



**Note: Tithes do not support our local church budget, but God's message continues to be proclaimed and our world church exists and is growing because of tithe!**

### **Did you know you can return your tithes and offerings online?**

Click this link: [chapeloaks.org](http://chapeloaks.org), then click on the tab "Offerings (Adventist Giving)".

### **"Adventist Giving" App**

You can find it at the Google Play store or the App Store on your Apple device. Simply type "Adventist Giving" into the search bar.

**Adventist Giving blog provides giving information to members.** You can check it out at: [AdventistGivingNews.com](http://AdventistGivingNews.com).

### **Need More Information?**

**Bulletin Attached**

Visit the Chapel Oaks website at: [chapeloaks.org](http://chapeloaks.org)

### **Firearms at Chapel Oaks**

If you conceal and carry a firearm, the same state laws apply inside our church as any other public building. However, if you are an employee or elected officer of the church

you are completely independent in your liability for use of your weapon. Conference policy explicitly states that you are not covered under their policy for liability.