

Sunday, January 19, 2020

Psalm 119:33-40 Part 3, 839VU

Proverbs 17:22

Philippians 4:4-9

### The New You Emotionally

How are you? Is one of the most asked questions when two people encounter each other. But what is the person asking? How are you—physically, mentally, spiritually or just how in general? If you really wanted to push this question further, you would find out eventually that “how are you could mean emotionally?” So just for a moment how are you emotionally? On the scale shown on the screen where do you think you are right now—notice I said where do you think you are- this is different than where you feel? Are you on the left a little on the I’m ok but stay away as I’m angry to on the far right- I’m filled with joy and nothing is going to change this; I’m am going full force and very much filled with joy? Just where would you place yourself?

In 2015 an animated movie “Inside Out” explored the emotions of a young girl as she moved across the country to begin a new life with her parents. These core emotions- joy, fear, anger, disgust and sadness were depicted as individuals inside this young girl’s mind to show how we as human beings are complicated creatures given the gift of being able to share our feelings, show our emotions and yet we also know that to do this we must learn how and when to show these different feelings appropriately. One of the lessons in this story is that in this world where people and sometimes even individuals like yourself want and may even expect you to be okay, it’s okay to not be okay. God created us to have feelings, to emote what our minds and hearts are feeling- to express what we feel. And yet at the same time we are to create healthy emotional habits in our lives so that your feelings do not rule over you. Just think about this- for yourselves – maybe fear and worry have kept you from saying I’ll try that or do something new. Or maybe anger and bitterness have kept your family at a bit of a distance because they don’t want to receive your attitude. OR maybe you are jealous and envious of others and because of this, you cannot really enjoy all of God’s blessings. God wants you to experience the very best and this means keeping your emotions in check.

Our reading from Proverbs 17:22 states, “A cheerful heart is good medicine, but a broken spirit saps a person’s strength. No matter how physically healthy you are, no matter how mentally stable you think you might be, no matter your spiritual relationship with God, your emotional health needs to be in balance for you to function as a whole person. And to understand this we need to realize that we are not alone in being capable of having emotions.

When we reflect on emotions there are three truths: 1) God has emotions= he feels joy, grief, pain, anger towards sin. He has frustrations with people not listening to him, and he knows how to show his love. 2) Remember you were created in God's image so you must have received emotions because God too has the ability to express feelings. These emotions are a gift from God even though they might not feel that way. Even your negative responses have an important role in your life. This is what makes you distinctly human otherwise you would be a robot. What sets us apart is that we can control these emotions. Yet we might experience a 3<sup>rd</sup>) truth about emotions- that we cannot always trust our emotions. For how often have you been led in the wrong direction or make the wrong decision. You might think or feel—I know this is the right decision: I feel it in my heart, inside only to discover that it was not the good decision. Your emotions led you to it, but your mind drew you back.

Just where you are right now? Is there a dominant emotion that you find is present? What is it with which you are struggling.? What is it that is taking over your life, wreaking havoc in certain areas as you live out your every day world? Maybe it is anger, fear, sadness, anxiety. Or maybe there is joy, contentment and in some ways you have been renewed in your emotions because of something positive having taken place. But no matter what you are remembering about how your emotions have changed or not, God cares and loves you. You might think that no one understand what you are going through; no one else gets what it is that you're facing, and you even question God as to whether he knows what you are experiencing? For you might be facing losses in family, changing and ongoing problems at work, stress in both places; demands on your time and yet you don't stop. But we must remember that God knows your pain and maybe you are here physically but mentally your thinking about the snow, or lunch or what you are doing this afternoon or this week. And then all the emotions that are packed with these.

God cares for you- he absolutely knows every single emotion that you have had- from when you wake up to the moment you lay down. He knows you through and through – even when you had those times of joy to those moments of sadness from those bright and wonderful Joy moments to those darker I'm feeling down today moments. Psalm 139: God you have searched me you know me through and through.

So what might we do about our emotional health? Praying about the emotions that cover us or sweep us into doing or saying that we don't want helps. God I'm feeling.... Right now. If I were to act on this emotion- I don't think it would be pleasing to me and definitely not to you. Help me.

After praying about our emotions, we might also focus on reading from the Bible for instructions on how to be emotionally healthy. Many Psalms reflect the emotions of people in years gone by, or situations they have endured which are what we experience. If we read further from Psalm 119—"I lie in the dust. Revive me by Your word; encourage me by Your word." For it is in reading such passages we will experience God's peace in new ways. Paul wrote to the church at Philippi about what we are all called to do. We are to fix our thoughts on what is true, honourable and right, pure, lovely and admirable to know Christ through his teachings and to let God into your life to know you.

One other thing we need to be emotionally healthy as we strive to become a new you in 2020 is to have a great support team—people with whom you live, people with whom you worship, and those friends that will help you through anything and everything. (Ecc.4) Two are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help, but someone who falls alone is in real trouble. We are not creatures who are independent- we need each other. As a church family we understand this very well-with celebrations of joy, and loss, grief and walking with each other through it all.

Emotional health is very important to understand for our well-being. When we consider the many tasks we are called to do each day, our emotional approach to each one makes a difference. If we are unsure of where we are and which direction to turn because we are confused in our emotions- the answer is to pray. Paul instructed the Philippians to pray about everything- God is not going to hang up on you; or unfriend you for praying. Tell God what you need and thank him for all he has done. You will experience God's peace which exceeds anything we can understand. The path to emotional health is through God's power in you. It is when you say God I want to be a new person and give to God all of you. Not just some but all. And when this occurs you will become the new you that God intends.

And when this occurs you will sing with deep emotions of love and conviction: "He Leadeth Me" .