

Living by Faith, Not by Emotions

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Scripture References

2 Corinthians 5:7
2 Corinthians 5:7, *AMPC*
1 John 5:4
Hebrews 11:6

James 3:3
Ephesians 6:12
Proverbs 13:10

Summary

One of the advantages we have as believers is that we have the Word of God as a resource to bring emotional stability to our lives. Mastering our emotions is impossible without His Word; the world cannot do this because it does not have this resource. Without the wisdom gained from God on this, all we can do is simply cope with our feelings, not dominate them. Living life by our emotions is bound to cause us to struggle. We must not base our feelings on our physical senses, because our emotions can change according to transitory appearances. True wisdom is letting our faith in God's Word, instead of our feelings, govern our lives. Confidently knowing what He says to us in this area, instead of having to rely on our emotions at the moment, puts us in emotional control.

A. Feelings can lead us in the wrong direction. To achieve victory, we must live by *faith*.

1. For we walk by faith, not by sight (2 Corinthians 5:7).
 - a. We are warned to walk by faith, not by our emotions. Walking by sight is not limited to just our eyesight; it also includes our other physical senses.
 - b. We must not be moved by what we see, but by the Word of God.
2. For we walk by faith [we regulate our lives and conduct ourselves by our conviction or belief respecting man's relationship to God and divine things, with trust and holy fervor; thus we walk] not by sight or appearance (2 Corinthians 5:7, *AMPC*).
 - a. We cannot trust our emotions to lead us because emotions can change. They can swing wildly from one direction to another, based on our senses.
 - b. We must base our lives on God's unchanging Word, not on our fluctuating emotions.
3. Our faith, not our emotions, gives us victory. Controlled emotions equal spiritual maturity.
 - a. For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith (1 John 5:4).
 - b. But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him (Hebrews 11:6).

B. The world teaches us the wrong thing about our emotions. It ignores our spiritual side.

1. Regarding our emotions, psychology teaches something other than the Word of God.
 - a. Psychologists say to give vent to our emotions, to allow them to run their course, and not to feel bad about our feelings.
 - b. They coach us not to hold anything in, but to instead let our emotions out. They also teach us how to simply cope with our emotions instead of mastering them, and to

- blame others for how we feel so that we do not have to experience guilt or accept responsibility.
2. Behold, we put bits in the horses' mouths, that they may obey us; and we turn about their whole body (James 3:3).
 - a. Similar to the way the bit of a bridle controls a horse, the Word of God is our spiritual bit that can control our emotions.
 - b. Emotions are powerful forces in the natural, but we do not have to be at their mercy. God intends for us to control our feelings.
 3. For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places (Ephesians 6:12).
 - a. We can control our emotions by looking at things differently to get a different perspective. We are not fighting people, but spiritual forces.
 4. Only by pride cometh contention: but with the well advised is wisdom (Proverbs 13:10).
 - a. Any anger we have comes from pride and self-centeredness. If we love others more than ourselves, we will not have problems controlling our emotions.
 - b. We begin learning to control our feelings when we decide to rejoice and be at peace even in negative circumstances.

For more on how our faith, not our feelings, guides us into the successful life God wants for us, click on the link below for the DVD, *Living by Faith Not by Emotions*.

<https://bit.ly/LivingbyFaithNotbyEmotionsDVD>

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