

Feelings are not _____

a message series at journey.

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FEELINGS ARE NOT FACTS.

- Feeling – 1) an emotional state or reaction. 2) a belief, especially a vague or irrational one.
- Feelings and emotions are part of being human.
- Feelings and emotions are part of what make life exciting.
- Whether your emotion is anger, frustration, disgust, anxiety or even happiness — do not get overly attached to that emotion. It will change.
- Feelings are real but not always reliable.
- We are not to ignore our feelings; we just don't need to be controlled or led by our feelings.

⁹ “The human heart is the most deceitful of all things, and desperately wicked. Who really knows how bad it is? ¹⁰ But I, the Lord, search all hearts and examine secret motives. I give all people their due rewards, according to what their actions deserve.” **Jeremiah 17:9-10 NLT**

WE LIVE IN A CULTURE AND TIME WHEN IT SEEMS FEELINGS ARE ELEVATED ABOVE TRUTH, SCIENCE, AND FACTS.

²⁶ Then God said, “Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground.” ²⁷ So God created mankind in his own image, in the image of God he created them; male and female he created them. **Genesis 1:26-27 NIV**

Jesus questioned about marriage.

¹ When Jesus had finished saying these things, he left Galilee and went down to the region of Judea east of the Jordan River. ² Large crowds followed him there, and he healed their sick. ³ Some Pharisees came and

tried to trap him with this question: “Should a man be allowed to divorce his wife for just any reason?” ⁴ “Haven’t you read the Scriptures?” Jesus replied. “They record that from the beginning ‘God made them male and female.’” ⁵ And he said, “This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one.” ⁶ Since they are no longer two but one, let no one split apart what God has joined together.” **Matthew 19:1-6 NLT**

God’s plan is clear and obvious that marriage is a covenant relationship between a man and woman for a lifetime. In the last days there will be difficult times...

¹ You should know this, Timothy, that in the last days there will be very difficult times. ² For people will love only themselves and their money. They will be boastful and proud, scoffing at God, disobedient to their parents, and ungrateful. They will consider nothing sacred. ³ They will be unloving and unforgiving; they will slander others and have no self-control. They will be cruel and hate what is good. ⁴ They will betray their friends, be reckless, be puffed up with pride, and love pleasure rather than God. ⁵ They will act religious, but they will reject the power that could make them godly. Stay away from people like that! **2 Timothy 3:1-5 NLT**

- People will be lovers of self
- They will be lovers of money
- They will be boastful, arrogant, and conceited
- They will disobey their parents
- They will be ungrateful, unloving, and unforgiving
- They will consider nothing sacred
- They will slander others
- They will have no self-control
- They will love pleasure rather than God
- They will have a form of religion but no power

HOW DO I OVERCOME BEING CONTROLLED BY FEELINGS?

- **Walk in truth.**

¹⁵ So be careful how you live. Don’t live like fools, but like those who are wise. ¹⁶ Make the most of every opportunity in these evil days. ¹⁷ Don’t act thoughtlessly but understand what the Lord wants you to do. **Ephesians 5:15-17 NLT**

²² But don’t just listen to God’s word. You must do what it says. Otherwise, you are only fooling yourselves. **James 1:22 NLT**

⁵ Trust in the Lord with all your heart; do not depend on your own understanding. ⁶ Seek his will in all you do, and he will show you which path to take. **Proverbs 3:5-6 NLT**

- **Seek wise counsel and really listen.**
- **See a Christian counselor that is biblically based.**