

God's Plan for Emotions

We live in an age where emotions rule and logic takes a back seat to feelings. In some venues that situation can be fairly harmless, but in the vast majority of human endeavors, life is negatively affected when emotions reign over logic.

Emotions are **not** bad, they are a gift from God. But they have some specific purposes designed by God, Himself. Emotions help keep us close, connected to our loved ones. Emotions can be a great joy and even negative emotions, like grief, can be healing. As Jesus said in the Sermon on the Mount, "Blessed are those who mourn for they shall be comforted. Research shows that even the shedding of tears can be cathartic. In July, 2018, the website **Psychcentral.com** published an article entitled **7 Good Reasons to Cry: The Healing Property of Tears.**

But there is a dark side to our emotions, as noted in James Dobson's book, **Emotions, Can You Trust Them.** The short answer is, "No!" God outlines one of the primary purposes for emotions in Roman 6: 17, 18

But thanks be to God that though you were slaves of sin, you became obedient from the heart to that form of teaching to which you were committed, and having been freed from sin, you became slaves of righteousness.

Notice that the Roman Christians had a commitment to what they knew, but Paul was commending them for becoming obedient "from the heart" to that commitment. They had discovered truth with their logic (mind) and had a deep-hearted commitment (emotion) to that teaching. Undoubtedly, the mind (logic) is used to discern truth from error, God's teachings from made-made dogma. But once that teaching is understood by the mind, the heart is then used to bolster that commitment!

The trouble comes when humans try to discern the teachings of Christ with their emotions. When emotion prevails over logic in matters of teaching, the mind of man almost always defaults to whatever he wishes were the case. In other words, when emotion prevails over logic, we tend to decide that truth is whatever makes us more comfortable, more relaxed, or more pleased.

Revel in the precious and proper emotions God gave you. Rejoice from deep within your heart when God's will is both understood with the mind and followed with the heart. **But never, ever try to decide doctrine with your emotions! That's Satan's recipe for disaster in logic and in life.**

-Ray Wallace