

# *QUESTIONS & ANSWERS*

## *Does God Care About My Feelings?*

### ***Our Feelings and Emotions***

- We are living in some very unusual times, we're locked in a seemingly unending global pandemic, separation from family and friends, uncertainty in our careers, our finances, our relationships, coupled with times sadness, loneliness, pain and even grief
- Many of the unchurched, "de-churched", and even some Christians are asking, "Does God care about my feelings?"
- This question is raised because many feel God is not present in my trials
- These statements give the impression that God is distant, aloof, unaware or completely does not care about what his happening our lives
- Challenging times can make us feel hopeless, isolated and even sometimes forgotten by God
- However, it's our feelings and emotions allow us to experience the full spectrum of life
- But at the same time are feelings and emotions can betray and lead us in directions, make decisions, or interpret events that may not be accurate or are not God's best for us
- If we rely on our feelings and emotions alone, our "feelings" may override our faith
- How should we handle our feelings and emotions when life is challenging?

### ***Realize God is Present in Our Feelings***

***Psalm 34:18-19 (KJV) 18 The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit. 19 Many are the afflictions of the righteous: but the LORD delivereth him out of them all.***

- God never promised us a trouble-free life
- God is not distant when we face challenges in life, God is *present*
- God is right there with you in every heartbreaking moment of our lives and every event that crushes our spirit
- Even though we will have our share of problems, God promises deliverance out of all our troubles
- Our deliverance may be *from, though, or out* of the challenges we face
- We must realize troubles can *afflict* us, but they cannot *hold* us
- When trouble strikes, don't get frustrated with God
- Instead, admit that you need God's help and thank him for being by your side

### ***Realize God Understands Your Feelings***

***John 11:33-36 (KJV) 33 When Jesus therefore saw her weeping, and the Jews also weeping which came with her, he groaned in the spirit, and was troubled, 34***

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***And said, Where have ye laid him? They said unto him, Lord, come and see. 35 Jesus wept. 36 Then said the Jews, Behold how he loved him!***

- We have a God who cares
- When Jesus saw the weeping and wailing of Mary, Martha and others, Jesus openly wept, too
- Jesus showed that He cares enough for us to weep with us in our sorrow
- Jesus understands and validates our feelings
- We must never be afraid to reveal our true feelings to Jesus, He understands them, because He experienced them
- We can be honest, and we don't have try to hide anything from Jesus

### ***Realize God Will Challenge Your Feelings***

***2 Timothy 1:6-7 (KJV) 6 Wherefore I put thee in remembrance that thou stir up the gift of God, which is in thee by the putting on of my hands. 7 For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.***

- Many times, we can have feelings of fear, doubt and defeat
- And during those times we often want people to commiserate with us
- But that's not how God operates, God will challenge our feelings when they don't agree with who we are
- Timothy was fearful of the opposition he was facing as a leader
- Paul challenged Timothy's fears by reminding him that he was *anointed* to lead God's people
- God refuses to allow us to wallow in feelings fear, inadequacy, and low self-esteem, etc. but we must stir up the gift of God that in us
- God will challenge your feelings, God will remind you of His Spirit inside you, but it's *your responsibility* to stir up your gift and get moving

### ***Realize God Wants You to Refocus Your Feelings***

***Philippians 4:8-9 (KJV) 8 Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. 9 Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you.***

- When we get caught up in our feelings, God wants to help *refocus, redirect* our thoughts
- God wants us to *think* on the right things
- To think means to consider, reflect, reason, and ponder

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- God wants us to refocus our thoughts until they shape our behavior
- When our thoughts are focused on things of the world and the flesh leads to a life anxiety and worry, emptiness and restlessness
- We will never experience true peace in our lives
- We must think on:
  - *"Whatsoever things are true"* - real and genuine
  - *"Whatsoever things are honest"* - honorable, worthy, revered, highly respected
  - *"Whatsoever things are just"* - right and righteous in behavior
  - *"Whatsoever things are pure"* - morally clean, spotless, stainless, chaste, undefiled, free from moral pollution, filth, dirt, and impurities.
  - *"Whatsoever things are lovely"* - pleasing, kind, gracious
  - *"Whatsoever things are of good report"* - reputable, worthy things
  - *"If there be any virtue [excellence] and if there be any praise [in any thought] think on these things."*
- The source of this change of thinking is the Word of God
  - It is in the Word of God that a person finds the things that are to fill his mind.
- We must also put what we've learned into practice
  - It's not enough to *know* what's right to do, we must *do* it
- We must not only *think* the right thoughts, we must *do* the right things
- When refocus our feelings and thinking, the God of peace will be with us

### ***Realize God Has Experienced Your Feelings***

***Hebrews 4:15 (KJV) 15 For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin.***

- Jesus Christ is our *great High Priest*
- We have a High Priest who *feels* with us
- The word "touched" means to sympathize, feel, and suffer with
- The idea is that Jesus Christ actually suffers when we suffer
- Jesus knows, feels and suffers right along with us when we face any challenge in life
- He actually suffers and hurts right along with us.
- We could ask for no greater Savior; we could have no greater Intercessor; we could long for no greater High Priest to stand before God *for us*.
- We have a High Priest who was tempted in all things just like we are, yet He was without sin.
- He went through every experience and every trial and temptation that we go through.

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- We can be comforted knowing that Jesus faced temptation—he can sympathize with us.

### ***How We Can Help Others***

- Let those asking the does God care about my feelings question, that God:
  - God gave you those feelings and emotions and He doesn't mind when you bring them to Him
  - God is fully aware of all you go through in life
  - God is *present* in our feelings
  - God *understands* your feelings
  - God will *challenge* your feelings
  - God wants you to *refocus* your feelings
  - God has *experienced all* your feelings
  - God wants a *relationship* with you