

Facts and Feelings in the Christian Life

Disclaimer: this is an automatically generated machine transcription - there may be small errors or mistranscriptions. Please refer to the original audio if you are in any doubt.

Date: 04 April 2025

Preacher: Chris Oswald

[0 : 00] Thank you.

Welcome, welcome, welcome to the Providence Podcast.

My name is Chris Oswald, Senior Pastor at Providence Community Church. Today is a general Q&A; type podcast. I've got a number of questions that have made it to me in various ways that I thought I would address and also just talk a little bit about church life headed into the summer.

Let's start there, in fact. A couple of things to think about as we move into the summer. Number one, both of our schools that we host, Southland and Knox Classical School, will both be dismissing at some point in May.

So they will be gone at some point in mid-May. Southland's earlier than Knox. And at that time, you know, it'll be good for us to do some deep cleaning of the basement and do whatever little bit of repairs that we need or so on and so forth so that we continue to be good hosts to those wonderful organizations.

[1 : 52] I will say that, you know, I'm obviously much closer to the ground on the Knox situation and enrollment has been really healthy already this early end for next year.

And we're excited about all that God is doing, just really blessing us beyond what we could ask or imagine. And that blessing has also, of course, come through quite a bit of work.

And that's maybe something we'll talk about here in a moment, because one of the questions that I was asked is a kind of pastoral question was kind of about that. Let's see what else. Oh, OK. Moving into the summer, we have the sanctuary remodel that is scheduled to take place just generally.

We don't have firm dates yet. We'll get those dates pretty quickly. We've got a couple more phone calls to make and a couple more meetings to have. But just generally, that sanctuary remodel will take place from May through the end of August.

Our expectation is to get back into the building early September or late August. And we're so excited to see how that's all going to turn out. And just as a reminder, if you've not considered, decided to make a contribution, a one-time special contribution to help us get that sanctuary done and paid for, that is something we'd really ask for you to go ahead and take action on sooner rather than later.

[3 : 14] The numbers are moving in the right direction. But as to be expected, especially with this little discussion as we've had about this issue, we still have some ground to make up.

And we'd really appreciate you prayerfully considering supporting this important effort. One of the things that's going to wind up happening as a consequence of this sanctuary remodel is we'll finally kind of have the size of the seating capacity that makes sense for the building itself and for the parking and so on and so forth.

And I think that, as you've noticed on Sundays, we really are getting to the point where we're setting up extra chairs fairly routinely. And we want to make sure that we are ahead of all that God's doing there in a sense of, you know, just in faith, believing that the Lord is blessing our church and making space for more and more people.

On that side, I mean, this is a bit of a complicated thing and it might not interest all of you. But, you know, there are a lot of dynamics that change as a church starts kind of sitting above the 200 number regularly in attendance.

And that's where we're at. And so one of the things that we're doing as a leadership team is just trying to grow in our policies and get a sense of kind of, we want to ensure that our church isn't dependent on any one leader as much as possible, and that we've got really good systems put into place that can care for the church over the long haul.

[4 : 50] And we also realize that as we continue to grow, our more informal approaches to getting people plugged in and so on and so forth just aren't going to cut it. So we're working on that as well. And so there's a lot of conversations happening in the background to just try to accommodate, you know, what the Lord is doing.

Dove has been just absolutely, you know, irreplaceable in his help. In this particular area. And it's been just an ideal timing to have this leadership team composed is that's really, you know, that's really going to be important in the next few years.

So if you haven't given yet and you would like to, we would really appreciate that. You could do that within the next month. That would be ideal. Generally speaking, we'll give you a lot more details soon.

But generally speaking, you know, we'll be meeting in the gym for worship throughout the summer. And one of the advantages to the gym is that it has a kitchen.

So we plan on emphasizing after service and even pre-service fellowship much more intensely than we normally can. We want to take advantage of the opportunity that this temporary location affords us.

[6 : 08] So that's something to keep your eye on. We are right now organizing some team leaders to manage sort of, you know, making sure that our hospitality and just our kind of like ability to receive everyone and care for everyone is in line with that temporary location, thinking about bathrooms and signage and things like that.

So that's all kind of on the horizon. And then, of course, prior to that, we have our Good Friday service coming up soon and then Easter coming up soon.

And we're really looking forward to celebrating the Lord's triumphant victory over sin and death in a special way during that time. What else is there kind of broadly?

Well, I think that's probably about it. That's about what I can think of. We're starting to get our church calendar scheduled out for the next year.

The church's fiscal budget starts in September. So right around now is the time that we begin to look at that. We're doing that. We are going to do the good old-fashioned summer psalm series, which is kind of a mainstay within sovereign grace churches.

[7 : 23] Many of those churches will spend their summer examining the psalms on a regular basis. And so that's the preaching plan. It looks like I just had this pulled up.

It looks like our John series ends. Let's see. What is that? It looks like May 11th is the last Sunday in John.

That would be John 21. Is that right? Yeah, May 11th. And then so beginning on May 18th, we will begin a summer psalm series that should just continue as long as we're in the gym space.

Speaking of just that kind of fellowship emphasis while we're in the gym, if any of you know someone who owns a food truck or has a way of getting us in touch with some food trucks, that would be kind of cool to do for that particular season.

We'd love to just create an extended time for people to hang out longer during those summer months. And so if you have any hookups there, that'd be cool.

[8 : 28] What else? Well, I guess that's probably about it. Angela and I are going to be celebrating our 30th wedding anniversary on, well, in early May. And so we're, I don't know if we're going to go away then, but we're going to do a trip at some point.

We're going to do some kind of a big, well, big for us kind of getaway. Looking forward to that. Okay, well, let's go ahead and jump into some of the pastoral questions that I've received that I thought when I saw them, I thought, well, this would just be better to do as a podcast because this is a very common question.

One young man sent me a message on Basecamp about emotions and feelings in relation to faith. You know, we tell people not to let their feelings lead them and to even sometimes just ignore their feelings.

And so there's some confusion here from this young man, and it's understandable. And when he wrote it, I thought, well, this is something that a lot of people are concerned about or questioning about. And so he said, you know, how do I have a meaningful relationship with God if I shouldn't listen to my feelings?

You know, how can I separate all of that? Well, I think that like one of the ways to think about this is that when we are talking in the church about feelings, we're always at least partially responding to a culture that is overly focused on feelings.

[10 : 07] And so sometimes I suppose, now I don't know if I've done this, but I imagine it's highly possible. Sometimes I suppose that when talking about feelings, I'm maybe reacting to that great error in which feelings lead and speaking about that in a way that makes it sound like feelings don't matter at all.

And I wouldn't want to do that on purpose, but I can imagine this is just kind of how it goes when you're trying to correct cultural errors. It's pretty easy to overstate your case because you're trying to dislodge people from one stuck position.

So I don't know if I've done that or not. And if I have, I'm sorry. But generally, I do know that, you know, a lot of us spiritual leaders will try to get people off of a focus on their feelings.

And in doing that, we can, I think, probably communicate a little bit too strongly that feelings don't matter, or that can be the takeaway. The truth is, is that what we're really asking is just what's driving, right?

What's driving the car, not who's in the car. We're really asking what the leading principle is, not the only principle. So the leading principle is, you know, as is well known nowadays, facts over feelings.

[11 : 26] That's the leading principle. We want to identify through God's objective word what the truth is, and then we want to do it. Regardless of how we feel about it, we want to do it.

But the expectation in the Bible all along is that when we obey over the long haul, our feelings will catch up to and be informed by the facts. And this can take a little bit of time.

There's not a one-for-one kind of thing. It'd be great if suddenly I could read a fact in the Bible and feel immediately what I was supposed to feel about it.

But unfortunately, that's not true. That's probably a good place to start thinking about this. You've got to remember that all of us are sin.

All of us, all of the component parts that make up us have been affected by sin. And a way that is so encouraging for me when I think about this is I'll think about what I will be like in the new heavens and the new earth.

[12 : 32] When God makes everything new and I'm united with Christ, I've been given a new body. I've been given a whole new kind of biological and spiritual platform from which to enjoy God or through which to enjoy God.

And one of the things that'll be really cool is that my feelings will be right. They'll just be right. There'll never be a gap between the facts and my feelings.

They'll be completely perfect. I won't get that until I get to heaven. That's going to be one heck of an upgrade, but I'm not going to get that until Jesus makes all things new.

So my feelings are, as well as is my mind, affected by sin. And affected meaning like disabled to some degree.

They're just not working like they ought to work. So mentally, this can cause me to misunderstand things. This can cause confusion where when I encounter the truth, I don't understand it.

[13 : 46] I don't see it. I can be deceived. You know, I can hear one case and it sounds right, but it wasn't and so forth. So my brain is, you know, affected.

My mind is affected by sin. And so are my feelings. And so like, for instance, you know, you can think of someone who is having an emotional affair. Like their feelings are very often kind of sweet toward this person that they shouldn't have these feelings toward.

And their feelings toward their own spouse are kind of bitter. Well, this is part of what goes on in sinful life. It's just that they don't all, our stuff doesn't work like it's supposed to do, like it's supposed to work.

And it seems like everybody has this, but you might make the argument that some people have more trouble than others. C.S. Lewis talks a little bit about this.

Some people he talks about are born with a sweeter disposition. I know that Calvin talked about this, as did others, just this sense that some of us have more natural anxiety where it would be just inappropriate.

[15 : 03] Some of us have less. Some of us are more inclined to happiness than others. Some of us deal with seasonal depression. Others of us don't. Some of us are more up and down.

Others of us are level. And so we are, the truth is, we are just all desperate, like Romans 8 tells us. We're all desperate for the final revealing of the sons of glory. And when Jesus makes all things new, because all of this stuff does matter.

It would, like the fact that my brain doesn't work as well as it should affects my relationship with God. It affects my happiness. It affects like the goodness of my life. The fact that my feelings don't always ring true or work right.

It affects my relationship with God. And so some of this needs to just be understood in terms of what you might think of as like triumphalism. Triumphalism is a false theology that sort of presents salvation as the immediate cure-all to everybody's problems.

And, you know, like that when you get saved, like everything's just perfect at that point. And that's just, that's not the case. That's an over-realized eschatology.

[16 : 17] It's essentially trying to place things that are true of heaven, you know, in this life. So the reality is, is that we're all going to walk with a limp in both our mental facilities and our emotional facilities.

And pertinent to this guy's question, that just means that we can't actually trust our intellect or our emotions as ultimate ends.

The thing that hasn't been touched by sin is the holy word of God. It's the, it's the one thing we have that hasn't been polluted.

And man, I'll tell you, you know, it's, um, that's why it's such a fearful thing to preach the word of God, to teach the word of God. It's why it's such a fearful thing, even just to give counsel, because the one perfect thing that the human race has is the Bible.

And the only way it can get messed up is if you teach it wrong or if you present, you know, your opinion as the word and so on and so forth. And doing so is equivalent to, oh, can we talk about gyroscopes again for a second?

[17 : 33] Sorry, that was such a nerdy sermon, but I found it interesting. Gyroscopes, you know, they would even work in, in space where there is really almost no up and down.

Space has this lack of orientation, but gyroscope would actually even work there because it would, it would orient you and you could, you could, in theory, travel in something that with really out of, without a clear heads and tails, without a clear north and south and up and down, that gyroscope would still keep you on track.

And so that's the word of God ultimately. And, uh, that's why, like I said, it's a fearful thing to teach the word of God because you can't mess with the only, literally the only rope that's holding us onto reality is, is the word.

The only thing that hasn't been hurt by sin is God's perfect revealed word. And so that's why when we talk about facts or feelings, you know, we may rhetorically emphasize one or the other.

The truth is, is that both our minds and our feelings are compromised, disabled to some degree by sin. And what ideally we should always say is, you know, the word, the word, the word, that should always be what's lifted up first and foremost.

[18 : 59] It shouldn't necessarily always be that we're talking negatively about feelings. Uh, the truth is, is we should probably talk a little bit more negatively sometimes about the intellect as well, because those are two just, those are two instruments of understanding.

You know, when Proverbs says, trust in the Lord with all your heart and lean not on your understanding, we do understand things to some degree with, with emotion. And, you know, we typically think of understanding as an intellectual thing, which I think is probably mostly true, but there is a sense in which our emotions help us understand things.

And the big message that we want to impart to people is, you have, everything about you is to some degree disabled by sin.

Can it be tuned up? Can it be made better in this life? Yes, it can. Through practice, through constant discernment between good and evil, you can, you can grow in these things.

But the big point, the big takeaway is you only have one thing that hasn't been messed up by sin, and it's the Bible. And of course, now you understand also how pernicious a lie it is and how just absolutely baseless it is when people talk about the Bible being corrupted, you know, and so on and so forth.

[20 : 13] That's such a pernicious lie because you're causing people to lose confidence in the one thing that they really have reason to have confidence in. So to answer this young man's question, it's not as if feelings don't matter, they do.

It's not as if the mind is somehow, you know, the trust, the trustworthy of the two, the intellect more so than the emotions. That's maybe somewhat true.

But the big emphasis is, is you just read the word and you do the word. And then you understand that when you don't feel what you should feel, say your mind is telling you, hey, you know, you don't, you're not feeling what you should feel here.

Well, one thing, your mind could be wrong. So maybe it's not. Just remember, you're, you're a broken being and you're not going to be fully be made whole until the new heavens and the new earth.

And so that just means we have to be suspicious of everything inside of us and really, really, really lean on the word of God. There will be times when, oh, can I, okay, let me talk about this too.

[21 : 26] I've been thinking a lot about the conscience. I'm working on some booklets for the church called the Conscience Coach, where I just help people kind of sort through various issues of conscience.

And as I was working on that, one of the things I was thinking about is how I've known Christians throughout the years who, they had a conscience that wasn't properly trained and it led them to commit sins that they didn't know were sins and they felt fine about it.

So let me give you a couple examples of that. One would be, I know a couple that were saved in the 70s and they were so overjoyed, they were dating at the time, and they were so overjoyed, they both got saved kind of around the same time, that they're like, you know, we should just make a baby together.

This would be wonderful to celebrate, you know, this new love that we've discovered in Jesus. We should celebrate this by making a baby.

And so they did make a baby many months before they ever got married. And there wasn't a fleck in their minds about like that being wrong. They literally just thought, well, you know, this is an act of love.

[22 : 50] We love each other and so on and so forth. And so they had this big piece missing because their conscience, which is kind of informed both by their mind and their feelings, was pretty off, was miscalibrated in that area.

I have one from my own personal life. Back when I was, I guess, 16, 16 years old or 17 years old. See, the thing about me is like I've wanted to get married and have kids since I was like, you know, three, you know, just family man from day one kind of guy.

And so when I would date a girl, it would, you know, I would take it very seriously, typically, and try to be, you know, I just always was thinking long term.

And I was dating a girl, I think when I was 16, who was a Mormon. Now, at that time, every morning, I would get up and I would go read my Bible.

And I would just like, that was in my Bible devouring phase, you know, it was just like the whole Bible was coming alive to me. And I would pray such sincere prayers and just, you know, devour God's word.

[23 : 57] And I was learning how to share my faith. And I was starting to even like, sometimes like lead little Bible studies at my church and the youth group and so on and so forth. It was a very spiritually productive time.

But I was dating this girl who's a Mormon and I literally did not know. I liked her and she liked me. And I thought, well, maybe we'll get married one day. I literally didn't know anything about God's standards for, I didn't know what a Mormon was.

I didn't know that a Mormon wasn't a Christian. I didn't know a lot of things. And so I had all this kind of joy and peace when I was really doing one thing that was like pretty wrong and definitely wrong headed, like it was going to lead to the wrong thing.

But I felt really good about it. And so this is funny. There was another girl that I worked with who was a Christian. And her, shout out to some of you ORU people in the audience, her dad worked for ORU.

And she liked me. And I didn't know that at the time. But anyway, she came up to me one day at work and said, you're dating so and so. I was like, yes. And she's like, you can't, like you're not supposed to do that.

[25 : 12] I was like, why not? And she's like, well, that person isn't actually a Christ follower. Do you know anything about Mormonism? I'm like, no, her family seems nice and so on and so forth.

And now her reasons for informing my conscience were probably not the best. But she told me it and it clicked. I understood what she was saying. Maybe I did a little bit of research.

I don't know. You got to remember this is all before the internet. So I don't know what research I would have done. But it made sense to me. And so I realized that I had to break it off with this girl who I really liked. And she was really surprised because things were going fine.

And she didn't understand it because she, you know, her family had always told her she was a Christian. And so that's another example where because my conscience was not properly informed, I was doing something I shouldn't have been doing, but I literally had no idea.

So now you can kind of see how like these disconnects happen with our minds and our feelings and how really ultimately the Word of God has to be the only thing that we can really rely on.

[26 : 18] So those are some examples of things that people have done wrongly because their consciences weren't like properly calibrated to the Word of God.

And let me give you a couple examples that run in another direction. So there's another way of sinning. So the way I've been talking about sin is referred to theologically as sins of commission, things you do that you're not supposed to do.

But there's another category of sin called sins of omission. And sins of omission are when you don't do what you're supposed to do. And there have been times when my conscience was miscalibrated and my feelings were miscalibrated and so forth.

And so it didn't lead me to do things I wasn't supposed to do. It led me to not do things I was supposed to do. One of the early examples I can remember is I had bought into all that language as a 20-something about earning the right to share the gospel.

And so I was kind of taught through, I don't know, I just picked this up through listening to other Christians talk, that you don't just share the gospel right away with someone.

[27 : 26] You build a relationship and you earn the right to share the gospel. And so that was what my conscience had been informed by. Well, that led me to the sin of omission, where sometimes I'd be in situations that were looking back like clear gospel opportunities.

But I didn't do what I was supposed to do because my emotions and my mind were miscalibrated. And I thought there was a rule that there wasn't.

And it kept me from doing something I was supposed to do. Another common sin of omission in this area has to do with parental discipline.

A lot of parents, their consciences aren't properly calibrated. And so they really view discipline more wrongly than they should. And it actually keeps them from engaging in discipline with their children.

And they're really sinning against their kids by not disciplining them consistently and appropriately. But you see, their feelings are kind of stuck and they're not well-informed.

[28 : 29] And so they're leading to sins of omission. So if your feelings, your conscience, the way you perceive things is broken, which it is, that's just the way we are, that's just a consequence of sin, then not only are you going to do some things you shouldn't do, but you're also not going to do certain things that you should do.

And one of the most consistent areas where this hits most Christians is in their Bible study and prayer. Over time, people expect their feelings to kind of immediately affirm their actions and say, yeah, you're on the right track.

You're doing the right thing. But as I've just illustrated, that's not a reliable indicator. And so people will engage in like reading their Bibles for a while and they don't feel anything different.

And what they need to remember is that's because your feelings are disabled. They're kind of slow. You got to be patient with them.

They'll catch on immediately, eventually, but your feelings are a little disabled. And so when you're reading the Bible or you're praying and you're not feeling anything, I would just tell you, you need to like think of them as like that friend you had in school who was a good kid, but he was just a little slow on the uptake.

[29 : 51] Maybe he rode a different kind of bus than you did, if you know what I mean. And that's really the appropriate way to see ourselves. And we hold the word up as the wise and the perfect and the true and the reliable.

And we don't think of ourselves that way. Most of the time people will, when they grow discouraged in their spiritual duties and so on and so forth, is because they're not feeling what they think they should feel.

And it's like, well, you know, you're just giving yourself too much credit. You're assuming your feelings aren't slow, but they are. And so you just got to bear with them and they'll catch up eventually.

You know, when people get like that, it's real easy for them to get discouraged. And so what will, what I think is happening, this is kind of Chris theory here is, you know, the devil is always just looking for handles to grab you by.

And in, in, in some respects, life is all about just learning to get rid of those stupid handles. Like one of the real obvious ones is time alone.

[30 : 59] Like it's, you know, in a ton of privacy, isn't really good for anybody. And the devil can use that. Well, a person who is paying too much attention to their feelings in general, it's just giving the devil a handle.

And so feelings are at least somewhat biological, maybe, maybe significantly biological. I don't quite know. But the point is, is that whenever you give the devil a thing that successfully works at deterring you from following God and walking in his word, well, that thing will get used on you.

And so one of the things that's really weird and counterintuitive is that if you will stop like really paying that much attention to your feelings, you will find that they, they cease to become a handle that the forces of darkness can steer you by and your feelings will actually start being less troublesome and, and more sort of consistently in line with the truth and so on and so forth.

So that's, that's another thing to think about. But yeah, the big thing with this question is it, it really is a, an area of maturity to, just to understand that, that you're not really what you're supposed to be.

And, and that's not going to change fully until the new heavens and the new earth. You're not going to have perfect feelings. You're not going to have perfect insight. Both your intellect and your emotions will always be to some degree or another, uh, disabled by sin until Jesus makes all things new.

[32 : 37] And then everything will just be like perfect. And your mind will be able to see truth in a way it's never been able to see it before.

And your feelings will be able to jump in right away to join, you know, they'll, they'll be fully and perfectly obedient to Christ. That's another piece of this.

I thought I'd mentioned. Because your feelings are a part of you, they are responsible ultimately for obeying Christ. Just like your mind is, you know, you've, you've gone through periods of time where you've got, you know, your brain in the gutter and, and hopefully at some point you feel conviction about that and you realize, man, like for the last, you know, few hours, my brain has just been utterly not obedient to Jesus.

Now your actions are, you know, maybe they're okay and so forth, but you're just like, your brain is just absolutely not in obedience to Jesus. And so what you do then is you, you repent, you confess like, God, my, my brain is not serving you.

It's, it's sinning against you. It's doing bad stuff. And so I want my brain to be yours. And I want you to renew my mind in Christ Jesus. Well, the same thing goes with emotions.

[33 : 54] You will find that they're not obedient and they're maybe they're not just being slow, they're being stubborn. Well, that's when you go to the Psalms and you realize that this was kind of a, you know, a pretty significant part of David's life with the Lord is he was constantly saying to him, his emotions, you need to obey Jesus.

You need to rejoice. You need to be glad and so on and so forth. So that's another thing to bear in mind. You do have some authority just because of what Christ has given you through the Holy Spirit to say to yourself, hey, self, whatever part of the self isn't obeying Jesus, let's, let's get with the program.

Let's obey. While also just being patient with yourself, like you would be with your friend who's a sinner and understanding the difference between kind of just wandering and weakness and outright defiance and your relationship with yourself as, as time develops, you will start to have that sense of, am I being slow or am I being stubborn?

You know, so on and so forth. And you'll learn how to kind of have some eye to how you feel about things without making it the main thing. And you'll learn to have some patience with the gap between what you feel and what the truth is.

But you'll also learn to kind of say, well, we could do a little better than this. We're not going to fix this entirely, but we can do a little bit better. And you'll start to learn how to do that. And I learned how to do that primarily through the Psalms.

[35 : 29] I went through about a five-year period of time where all I read for my Bible reading daily was the Psalms. I've told people this before, read five Psalms a day, every day for five years.

And what was really happening in that time, well, there are a bunch of things, but one of the things that was happening during that time was I was learning how a godly man is supposed to feel about things.

And I was learning how to like navigate emotions and figure out what feelings are appropriate and inappropriate, so on and so forth. So Psalms are your friend when it comes to like handling this big question of emotions.

The other thing I learned about feelings was that gratitude is kind of the, the, the, um, gratitude is probably like the training ground for feelings.

Um, here's what I mean. There's all sorts of areas where your feelings need to match the facts and the truth of God's word and so on and so forth. And the way you do that typically is, you know, you expose yourself to the truth of God's word and then you wait for your feelings to catch up.

[36 : 37] Well, the area that seems to be the, the easiest way to get started in that basic practice across all life is to count your blessings, is to take serious time to thank God for his faithfulness in detailed ways to where you actually are dedicating time to like rehearsing his benefits, counting his benefits, remembering all the things he's done for you.

Typically, what you'll find when you keep doing that is, is that your feelings catch up, uh, maybe more quickly in that area than in other areas.

I don't know. For me, this has seemed to be not only true for me, but as I've helped other people learn how to kind of have a proper relationship with their feelings, this seems to be a thing.

This seems to work. And that is the way to learn how to steer your feelings is to start with this gratitude thing, where you actually take some time and you just think about all that God has done for you.

Maybe you look for evidences of grace in your life, for ways that he's blessed you, for little indicators that you are making progress in the faith and so on and so forth.

[37 : 46] Sometimes it's just simple things like just realizing, wow, God has actually put some people in my life that are really good for me. And that's not true of a lot of people.

You know, a lot of people that I grew up around, uh, you know, in the kind of redneck world, they're just surrounded by people that were terrible for them. Nobody was calling them up.

No one was like helping them grow. No one was encouraging them. You know, no one was calling them out on their little issues and so forth. And so I live in a life, I live a life now where probably the one thing I'm the most grateful for are just all the excellent people who are around me.

And so that's one area that I'm pretty consistently grateful for. And then when I start articulating that and thinking about it, and maybe even writing it down or something, my feelings rise, you know, they start to match in that area.

So I think maybe gratitude might be the kind of training wheels of handling your emotions and learning to lead your emotions rather than being led by them.

[38 : 52] Because what you're doing there is you're putting a fact before yourself. The fact is God has been good to me in this way. God has been good to me in that way. And then your feelings, for whatever reason, in that particular area seem to follow faster than perhaps in other areas.

So there's some thoughts. I'm going to stop this podcast. It's already gone on too long. But I'll get back to some of these other questions. But yep, this young man that asked me about the relationship between facts and feelings.

One thing, don't, even if I've said it poorly, don't misconstrue the idea. I'm not saying feelings don't matter. I'm saying that both your intellect and your emotions have been really affected by sin and will always be affected by sin to some degree.

The one thing you have that hasn't been polluted in the whole world, not your friends, not your family, not the church, you know, not your facts, not your feelings, not your intellect, the only thing you have that hasn't been polluted is the Word of God.

And so that's where we start. And that's kind of our anchor. And then from there, we just learn to have sort of reasonable expectations for our feelings, understanding that they're kind of slow and they don't always cooperate.

[40 : 12] Some of us have kind of defiant feelings. Some, you know, they're just like not going to go get on board very easily. Some of us just, you know, like most of us probably just need time. Keep doing what the Word says to do and let your feelings catch up over time while being patient but insistent with them.

And, you know, there are ways that you can feel good about things that are wrong and there are ways that you can feel bad about things that are right. Ultimately, your feelings aren't ultimately that trustworthy. Only the Word of God is.

To kind of remedy this and to begin to get your feelings in line, understand that, you know, the Psalms are very helpful. This approach to gratitude that I've discussed is helpful.

But that's enough, I think, for today. You know, it's kind of a rainy day, and I think I'm going to give you a little treat from the deep cuts of the Christ and Angela 1990s Christian music albums.

Of course, you know, I don't really listen to most of that stuff anymore. It's just all, it all sounds the same to me. But back in the day, man, there were all sorts of weird genres and all sorts of cool bands.

[illegible]

[43 : 07] Prayer, floor, battle, reminiscence of the dust. The world is an empire. I must be a ram. I'm sick and tired.

Put a bonnie on Boba Fett. Jesus Christ, I'm a jade. I'm a master. Coming at you like a laser blaster. Is it me? How can it be? We'll stop the deal. I'm free. Jesus Christ, I'm a jade. I'm a master.

I'm free.

Downloaded from <https://vetanothersermon.host> - 2025-05-06 13:21:30