

## **Each One! Bless One!**

eBlessings' Bible Class Lessons

You Can Make a Difference!

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### **Bible Class Lesson Nineteen:**

## **GROWING YOUR SPIRIT SOUL**

### Chapter Four

### Emotions vs. Spiritual Feelings

#### **Key Scripture:**

**"<sup>8</sup>Finally, be ye all of one mind, having compassion one of another, love as brethren, be pitiful, be courteous: <sup>9</sup>Not rendering evil for evil, or railing for railing: but contrariwise blessing; knowing that ye are thereunto called, that ye should inherit a blessing." 1 Peter 3**

**"<sup>33</sup>But a certain Samaritan, as he journeyed, came where he was: and when he saw him, he had compassion on him, <sup>34</sup>And went to him, and bound up his wounds, pouring in oil and wine, and set him on his own beast, and brought him to an inn, and took care of him." Luke 10**

**"<sup>13</sup>And when the Lord saw her, he had compassion on her, and said unto her, Weep not. <sup>14</sup>And he came and touched the bier: and they that bare him stood still. And he said, Young man, I say unto thee, Arise. <sup>15</sup>And he that was dead sat up, and began to speak. And he delivered him to his mother." Luke 7**

**<sup>2</sup> I have compassion on the multitude, because they have now been with me three days, and have nothing to eat: <sup>7</sup> And they had a few small fishes: and he blessed, and commanded to set them also before them. <sup>8</sup> So they did eat, and were filled: and**

they took up of the broken meat that was left seven baskets. <sup>9</sup> And they that had eaten were about four thousand: and he sent them away.” Mark 8

### Lesson Objective:

To increase our spiritual growth by realizing our following anything other than the Holy Scriptures and the Teachings of The Messiah takes people down a path of moral and spiritual decay and decadence. To help us understand there are both evil and good “heart strings” or “emotional responses” which we experience in our daily existence. To move us to follow the natural and supernatural compassion of Christ Jesus of Nazareth.

### Lesson:

## Sensing and Knowing (cont'd)

**A** **Negative Thought** or a positive thought can change, transform itself into a negative or positive emotion which in turn moves you into action and more negative or positive thoughts—and more actions. You should be able to see how this is an escalating cycle of “illuminations” or “urgings” – thoughts— “sensing” (emotions) — and actions. They can escalate positively or negatively—it is your choice. Make your choices godly ones. Use wisdom!

People often set themselves up for emotional and spiritual failure by following their emotions instead of the Holy Bible and the Words of Father God or Christ Jesus. Feelings will betray you when you follow

wrong sayings like, "*Follow your heart you can't go wrong.*" We are to follow the Holy Scriptures and Jesus Christ.

*Release Negativity  
From Your Body, Mind,  
and Soul by Releasing Any  
Negativity You are  
Holding towards Anyone  
or Anything*

Here is an example of why you follow the Holy Bible and not your heart or your feelings. Jesus said, Where two or more of us are gathered together in His name, that He would be there. This means you do not have to wait until you "feel" good, "feel" excited, "feel" a twitch in your hand, arm, or neck to know that Jesus is there. His Holy Scriptures and His Holy Words have said that He will be there. Know that!

We often do not believe that God is in the room with us until we "feel" His Presence. Remember, Father God is omnipresent; this means He is always with you. Jesus also told us, "I will never leave thee nor forsake thee." This means Jesus is right beside you right now. Christ Jesus is with you twenty-four hours a day, seven days a week.

A few reasons we must trust the Scriptures and not our emotions, not our hearts, nor our feelings are:

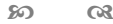
A) When you are in a room and the lights go out, your emotions will go to fear. You have to go to, "Trust in the Lord with all thy heart, mind, and soul." Go to the Scriptures and stand bravely without fear--fearing only the Lord.

B) When that mean dog runs out and wants to take a bite out of your leg, you have to know you are a Child of the Most High God and command that dog to back off and go back to its dog house or its yard, or command an Angel to come to your rescue.

C) When you have a bad dream, a nightmare, or some shadow scares you while you are sleeping or while in your bed, you have to stand on the Scriptures, not fall prey to your own emotions and be scared. You have to know who you are in Christ--you are a Child of Father God and Jesus is your Brother.

And remember: Jesus said that He would never leave you; and God is omniscient, the Holy Ghost is in you and Goodness and Mercy is following you.

### **BE POSITIVE AND GROW SPIRITUALLY**



#### **QUESTIONS:**

1. How can our emotions, our feelings, and our hearts help us grow spiritually?
2. Give one example of each. Explain how a negative and positive emotion can turn into an action of its kind.
3. Explain from your perspective how you have experienced the escalation of emotions into actions.
4. How can emotions lead to natural and supernatural failure?
5. Which are we to follow the Teachings of The Messiah or our hearts?
6. Do you have to "feel" the presence of Father God or Christ Jesus to know that either is with you?
7. Give two personal examples of how to use Scriptures in situations instead of emotions.