

## Your Emotions Are a Gauge, Not a Guide

See this link to read the article: <https://www.desiringgod.org/articles/your-emotions-are-a-gauge-not-a-guide>  
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Questions for further thought and discussion:

- \*Disclaimer: this article and discussion questions are not meant to spark a debate regarding emotional effects of things like medication. Keep in mind that these thoughts are geared towards our every-day emotions that any of us may experience.
- Describe how the emotions of discouragement, anger, envy are gauges—not guides—of our lives.
- What an encouragement it is to live the reality of believing that our emotions are indicators, not controllers! This means we have a responsibility of intentionality with our emotions. A further helpful quote comes from Brian Borgman's book, *Feelings and Faith*:
  - o “The redemptive process is for the whole person; the emotions are an inherent part of what it means to be a person. There are sinful emotional expressions that need to be repented of and put to death. There are Christlike emotions that need to be brought to life and cultivated. As we grow in grace, our emotions will increasingly reflect our new biblical values and evaluations. As godly emotions are cultivated, they will exert a powerful influence on our motives and our conduct” (62).
- We see from Scripture that our emotions are produced from our hearts—our thinking gateway (Mark 7:21-23, Matthew 6:25-34, Luke 24:37-38, etc.). How does the reality that our emotions are produced by our thoughts bring hope?
- Passages like Lamentations 3:21-25, Psalm 42, 1 Corinthians 1:8-10 and 2 Corinthians 10:3-5 show us that intentionality and aggressiveness are needed when confronted with ungodly thoughts and emotions. From these verses, what are practical ways to be intentional in taking our thoughts captive in order to cultivate godly emotions?
- For further study, look at Christ's emotions and what brought Him joy and peace. What does the Scripture teach will bring contentment, joy, love, etc.? Those thoughts, habits and examples are what we are to pursue so that we can truly experience and exhibit godly emotions.