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Part 2 of Watch those Feelings taught at BYS Broward 11-14-09 by Sholiach
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The Bible expressly teaches us to control our feelings, not vice-versa.

Some emotions we are told to control are:

Fear - 2 Timothy 1:7 (Joshua 1:9; Revelation 2:10) **Anger** - James 1:19, 20 (Proverbs 16:32; Matthew 5:22) **Hatred**- (1 John 3:15; 4:20) **Love**- (1 John 2:15-17; 1 Timothy 6:10; 2 Timothy 3:2-4) **Joy**- (1 Corinthians 13:6)

These emotions are not necessarily bad, but they can lead to serious error if we let them control us. If we cannot trust these emotions to guide us, how can we trust any emotions? How could we know which to trust and which not to trust?

The Bible specifically warns that the feelings of our hearts may lead us into error.

Jeremiah 17:9 - The heart is deceitful above all things and is exceedingly corrupt. Who can know it?

Would Yahuwah use something so unreliable to lead us to truth? (**Matthew 15:18-20; Proverbs 4:23**)

Proverbs 14:12 - There is a way that **seems right** to man, but the end thereof are the ways of death. How can this be harmonized with the idea that **"it can't be wrong if it feels so right"**?

Proverbs 28:26 - He who trusts in his own heart is a fool. Why? Because the urgings of the heart are unreliable and often lead to error! Poets may say to **"follow your heart."** But the Bible confirms what we all really know: trusting your feelings can lead to tragic error.

Acts 26:9 – Rabbi Shaul (The Apostle Paul) really thought that he ought to do many things contrary to Yahshua. **He felt sure he was right.** But he was really the chief of sinners (**1 Timothy 1:12-15**). 6 | Page

Jeremiah 10:23 - Proper guidance in how to live is not found inside man. It comes from outside man. Clearly we cannot expect to find assurance of truth in our feelings.

Emotions are neither good nor bad of themselves, but Yahuwah never intended for them to guide us or to reveal what is good or bad. We should control them, not let them control us. They are followers, not leaders. To follow them is to get the **"cart before**

the horse" and sad to say but it's true, many have put the cart of emotion before the horse of truth so to speak.

To believe that we can know right from wrong by praying for a feeling or by following our emotions is to pervert the purpose of feelings and to expose ourselves to all sorts of false practices.

(See also Matthew 7:21-23 and 2 Corinthians 10:18.)

C. What Guide can tell us what is true in our faith?

If we cannot know right from wrong by following our feelings, how can we know? It was exactly to meet this need that Yahuwah gave us **His written Word, the Scriptures.**

Consider these passages:

Romans 10:17 - Faith comes by **hearing** and hearing by the **Word of Yahuwah.** Faith does not come by feelings or by praying for emotional experiences.

Psalms 119:105 - Yahuwah's word is a lamp to our feet and a light to our path. The Word of Yahuwah (not feelings) shows to us the proper way to go. **(See also Psalm 19:7-11.)**

Acts 17:2, 3 - How did the apostles convince people what is right or wrong? Did they say to pray for a feeling of peace and assurance? Did they arrange emotional meetings with exciting music, shouting, clapping, and prayers at the mourners' bench? No. They just **reasoned** with people from the **Scriptures!** **(See Acts 28:23; 18:28; 17:17; 18:4,19; 19:8,9; 24:25.)**

*****Please note that as the Brit Chadasha was not yet compiled the scriptures that they would have used is the Tanach or First Covenant.*****

1 Peter 3:15 - We too should persuade people, not by telling them to follow their emotions, but by giving them **reasons:** and evidence from Yahuwah's Word.

John 20:29-31 - The Scriptures were written to provide the evidence people need in order to believe and be saved. Bible writers did miracles to prove their message was from Yahuwah, but now their message and eyewitness testimony 7 | Page

of their miracles is recorded in Scripture. So we do not need to see miracles today; we believe on the basis of the testimony in the written Word of Yahuwah.

Acts 17:11 - To know whether or not some teaching is true, we should **search the Scriptures daily,** not pray for an emotional experience.

Galatians 1:8, 9; 1 John 4:1, 6; 2 John 9-11 - Many false prophets are in the world. How do we know who speaks the truth? Not by feelings, but by comparing what men teach to the true gospel recorded in the Word of Yahuwah.

2 Timothy 3:13-17 - The Scriptures are the guide Yahuwah provided so we can avoid being deceived. What we need is not an emotional experience, but knowledge of the Scriptures that teach, correct, instruct, and provide us to all good works. **(See also 4:1-4.)**

1 John 2:3-6 - How can we know whether we know Yahuwah and are in fellowship with Him? Not by emotions, but by whether or not we keep His **Torah commands**. And the Torah commands are recorded in the Scriptures - **1 Corinthians 14:37 (See also 1 John 3:7-10).**

This is why the Bible so frequently tells us to study diligently and meditate on Yahuwah's Word - **2 Timothy 2:15; Joshua 1:7,8; John 8:31,32; Psalm 1:1,2; 119:11,42-48,97-99**. People go into error, not because they lack an emotional experience, but because they lack knowledge of the Scriptures (**Matthew 22:29; Romans 10:1-3; Hosea 4:6**).

When people rely on emotions, they often end up in error because emotions are fallible and changing. The Scriptures, however, are infallible and can never be wrong (**John 17:17; Psalm 119:128; 33:4; 19:8; Romans 3:4**). But we must study the Bible diligently with an honest heart, or we will misunderstand it and still be wrong.

Many have left fellowships, because they are presented subjects from the Word of Yahuwah that may not agree with their emotional understanding of the subject.

Because they have had a bad experience, or seen or witnessed an event that maybe familiar with the subject, instead of searching the Scriptures, they cut off the thought based on emotions and many times cut off fellowship with other believers over their emotional perceptions of the Scriptures.

Hosea 4:6 My people are destroyed ***for lack of knowledge***: because thou hast ***rejected knowledge***, I will also reject thee, that thou shalt be no priest to me: seeing thou hast forgotten the Torah of thy Elohim, I will also forget thy children.

We are instructed time and time again to search the scriptures.

John 5:39 Search the scriptures; for in them ye think ye have eternal life: and they are they which testify of me.

2Timothy 2:15 Study to show thyself approved unto, a workman that needeth not to be ashamed, rightly dividing the word of truth.

The purpose of Torah is to make you more loving in His ways. If it has made you more condemning of others, you just may be using Torah unlawfully.