

THE CHEMISTRY OF EMOTIONS

Every human is designed to have feelings for or against a fellow human, circumstance or experience. Emotion is a reality in everyone's life. Emotion is strong feeling of any kind. Emotion is the faculty that gives feelings to our thoughts. Emotion according to Oxford dictionary is stirring up, excitement, of the mind or (more usually) the feelings. Emotion is the expression of inner thoughts. Love is an emotion. Lust is an emotion. Strong urge for sex is an emotion. Hatred is an emotion. All emotion is directly linked to the thoughts of a man's mind.

Emotions have to do with feelings, and feelings have to do with the interpretations of the signals sent to the human brain by the five physical senses: the sight (eyes), smell (nose), hearing (ears), taste (tongue), and touch (body).

Chemistry is the emotional or psychological interaction between two people, especially when experienced as a powerful mutual attraction.

The mind controls and influences our emotions. We react the way we think. Our thought life determines how we react and behave towards the things we see, hear and feel. It is essential that all understand that what we feel inside for people whom we meet or interact with is the result of our thoughts. Every man feels the way he thinks. All emotions are the creations of a man's thoughts. Lust is basically thoughts in manifestation. Lust does not come into a man without the person thinking lustfully. The 'eyes' of man is not the cause of lust. It is what a man thinks as he sees what is before his 'eyes' that causes lust.

Sometimes, people say, they cannot control what they feel inside for a girl they just met. Soon after that, they start to describe how beautiful she is, the physique, and other things that they found attractive in the person they saw. Their description shows that they gave their minds to thinking deeply about what they saw. This must have given rise to the strong feeling they now possess inside for the particular girl in question. Feelings don't just come, they are generated from thoughts.

Many young people today do not understand the chemistry of emotions. They don't understand why they feel the way they feel sometimes. They battle with lust, immoral behaviours, despite the fact that they are Christians and want to live a committed life to Jesus Christ. The body changes that humans experience as they come in close contact or fellowship with people of the opposite sex, is the reflection of the human thoughts.

Prov. 27:19

19 For as in water face answers to face, so the mind of man reflects the man

NIV

The body changes you experience are not accidents. The arousals you experience are not accidents, but the manifestations of your thoughts. Your moods are creations of your thoughts. Excitement, joy, sadness, happiness, enthusiasm, hatred, lust, love and any other emotions are the reflections of your thoughts. Thoughts influence, releases

hormones in the body and regulate and adjust the chemistry of the human body. It creates desires, intensifies the desires and pushes a man to pursue its actualization. Thoughts make one cheerful, and in another moment, depressed. Feelings are not constant because thoughts are not stable but changing. In the same way a young man or girl's feelings towards the one that he or she is attracted to or in relationship with, is subject to the prevailing thought in his or her mind at a particular time and place.

Emotions are connected to the human thoughts. There can be no emotions without thoughts, and no change of emotions without a change of thoughts. Actions are the result of volition or decision based on thoughts that have been entertained. No matter how fast actions or words may be manifested, thoughts always give birth to them. All the touching, holding, caressing or fondling and kissing that humans involve themselves in are the result of thoughts running through the mind of man. As these acts are practiced or expressed, more thoughts are engaged in, which increases the chemistry or hormone changes in the body. As you understand this, you will better appreciate God's counsel to His children to guard their minds.

Prov 4:23

23 Above all else, guard your heart, for it is the wellspring of life.

NIV

Prov 4:23

23 Watch over your heart with all diligence, for from it flow the springs of life.

NAS

Prov 4 :23

23 Be careful how you think; your life is shaped by your thoughts.

GNB

Prov 4:23

23 Guard your heart above all else, for it determines the course of your life.

NLT

Your life is tied to your daily thoughts. Your emotions are connected to your thoughts. Your feelings reveal your thoughts, and they motivate you to further thoughts and push you to act them out. The result is immoral acts with the one you admire or in relationship with. What you need in life is to learn how to manage your emotions by managing your thoughts, and making sure you give your mind only to those things that are right so you can have the right emotions. Never let emotions control you for you were not designed to be ruled by emotions, but by the spirit.

Uncontrolled emotions will lead you to sin. Uncontrolled emotions will not allow you to know true love from fake love. Uncontrolled emotions will not allow you to walk with God perfectly. Uncontrolled emotions will not allow you to see through into people's heart to know who they really are and if they are worthy of your love or not. Uncontrolled emotions will close your eyes to pitfalls that the enemy will like you to fall into, but God

will want to protect you from. Uncontrolled emotions blind a man and do not allow the man to think correctly and in line with God's word. Never let emotions rule you, but rule your emotions by controlling your thoughts which is the source of all emotions.

CONCLUSION

Always remember that your body chemistry changes based on your prevailing thoughts. Whatever you feel towards the opposite sex is the creation of your thoughts. If it is good and pure, to God be the glory, but if it is not pure, then, get rid of it. Never fan the flames of lust, for it will destroy you. Don't give your mind to thoughts that will build desire for illegal sex. Pre-marital sex is evil in the sight of God. He forbids it. So keep away from it. Always remember that sex is in the mind. It is a mind thing. If you don't think it, you won't desire it. If there is no desire, there will be no pursuit. If there is no pursuit, there will be no act.

You can control your emotions by controlling your thoughts. Every child of God has got self-control in his spirit. Let it out. Let self-control manifest in your life always. It can only manifest when you make up your mind to kill wrong emotions and feed on thoughts that will create right emotions that will keep you from immoral sins and other kinds of sins. Keep your mind on God and His word and you will be pure. The Psalmist said that the only way for a young man can keep himself pure is to accept and store God's word in his heart. Do it, and you will be glad you did.

Ps 119:9-11

How can a young man keep his way pure?

By living according to your word.

10 I seek you with all my heart;

do not let me stray from your commands.

11 I have hidden your word in my heart

that I might not sin against you.

NIV

Make friends with the word of God and let it rule your thoughts and life. Be careful how you think for your life is shaped by your thoughts. Your emotions are shaped by your thoughts.

To keep your mind from unnecessary pressures to lust or desire sex, keep away from pornography of all kinds, and erotic music. Do not read materials that will fill your mind with thoughts of sex. Do not use your own hand to set yourself on fire of lust. Help yourself to be free so you can manage the thoughts that association and situations present to you only.