

YOUR MIND AND YOUR FEELINGS (EMOTIONS)

Sylvester Onyemalechi

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.

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 strong feeling of any kind. Emotion is the expression of inner thoughts.

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).

RELATIONSHIP BETWEEN THE MIND AND EMOTION

From the above definitions, you can see that there is a very strong connection between the emotion (feelings) and the mind. What we see, hear, taste, touch and smell provokes a reaction in our lives. The mind interprets and concludes on it in split seconds, and our emotion expresses it. From this, I deduce the following:

1. A man's feelings are manifestations of his thoughts.

“For as in water face answers to face, so the mind of man reflects the man.” (Prov. 27:19)

- 2 There can be no feelings (emotions) without thoughts.
- 3 The mind of man is the dominant faculty in the soul. The emotions and the will are subject to the interpretations, reasoning and conclusions of the mind.
- 4 Feelings or emotions can be changed if a man's thinking can be changed.
- 5 Whatever feelings you have towards anybody are products or the function of your mind based on the information fed it by your five physical senses.
- 6 Feelings of lust, love, hate, anger, bitterness, suspicion, sadness, depression etc. can be killed, eliminated and changed if you will change your mind about your conclusions. This requires that you revisit the issues or circumstance that led to your attitude and feelings.
- 7 All feelings are subject to change, adjustments and modifications.
- 8 Since there can be no emotion or feeling without thought, there can be no change of emotion without a change of thoughts.
- 9 Every ungodly feeling that is leading you to sin against God in the area of immorality, anger, bitterness, hate, etc. is a product of your thoughts and imaginations. And it can be changed if you change your mind.
10. The word of God must be accepted as the final authority on every subject for your thoughts to be brought under control.
 - Let your thoughts agree with the will and mind of God revealed in His holy word.
 - Watch over your thoughts always to make sure that it agrees with the word of God. Any time it wants to run contrary, bring it back to the word of God.
 - Read the word of God daily to get you acquainted with God's mind on issues.

WHAT YOU MUST KNOW ABOUT FEELINGS.

1. Your emotions (feelings) can be right or wrong depending on the thoughts you think.
2. Your feelings may appear right and justified in your own eyes depending on the angle from where you are viewing the matter. That they appear right in your own eyes does not make them right. As long as it is contrary to God's word, it is wrong.

“There is a way that seems right to a man, but in the end it leads to death.”(Prov. 14:12).

- It will appear right, because in your unrenewed mind, it appears right.
- That is why you need to begin renewing your mind with the word of God.

“Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is his good, pleasing and perfect will.” (Rom. 12:2)

- Without the renewing of the mind, you will not know God’s perfect will, not to talk of doing it.
3. Don’t submit to just any feeling you may have towards anybody or anything. Judge that feeling first with the word of God through prayers.
 4. Uncontrolled emotions lead to sin. Every child of God has self-control planted within him or her. All you need to do is to use it to control and restrain your emotions or feelings to enable you walk in God’s will.

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law. (Gal 5:22-23 NIV)

5. We are not created to be ruled by emotions, though emotions can blind, influence and control a man if the person is not disciplined and principled.
 - We are created to be led by the Spirit.

“For as many as are led by the Spirit are the sons of God.” (Rom. 8:14)

- We are commanded to live by the Spirit and keep in step with the Spirit.

“Since we live by the Spirit, let us keep in step with the Spirit.” (Gal.5: 25)

6. Uncontrolled feelings (emotions) will not allow you to see clearly. It can blind your eyes to danger and pitfalls that the Holy Spirit may be showing or want to show you.
7. Uncontrolled emotions will not allow you to know true love from fake love. It will not allow you to know the one that is genuinely interested in marrying you from the one who is only interested in sex, your money and help. It will make you to commit fornication or adultery.
8. Uncontrolled emotions will turn you into a disobedient and rebellious fellow.
9. Uncontrolled emotions open the door for evil spirits to enter a man - e.g. spirits of lust, fornication, hate, anger, bitterness, worldly mindedness, and rebellion.
10. Control your emotions (feelings) with the word of God. Control it by controlling your thoughts. Let your thoughts agree with the word of God. Know the word. Determine to live by it; and discipline your mind and emotions to comply with it, and you will manifest Christ.