



the
at the

Cross
ore

The Cross and the Emotional Rollercoaster



“Have you realized that most of your unhappiness in life is due to the fact that you are listening to yourself instead of talking to yourself?”

--Martyn Lloyd-Jones



“I suppose that one of the greatest problems in our life in this world, not only for Christians, but for all people, is the right handling of our feelings and emotions. Oh, the havoc that is wrought



and the tragedy, the misery,
and the wretchedness that
are to be found in the world
simply because people do
not know how to handle their
own feelings!”

--Martyn Lloyd-Jones



Feelings are constantly
changing and completely
unreliable.



Feelings are based on perception, so they are subjective.



1 Kings 18:17-18 (NLT)

¹⁷ When Ahab saw him, he exclaimed, “So, is it really you, you troublemaker of Israel?” ¹⁸ “I have made no trouble for Israel,” Elijah replied. “You and your family are the troublemakers, for you have refused to obey the commands of the Lord and have worshiped the images of Baal instead.”



1 Kings 18:36-37^(NLT)

³⁶ At the usual time for offering the evening sacrifice, Elijah the prophet walked up to the altar and prayed, “O Lord, God of Abraham, Isaac, and Jacob, prove today that you are God in Israel and that I am your servant. Prove that I have done all this at your command.

³⁷ O Lord, answer me! Answer me so these people will know that you, O Lord, are God and that you have brought them back to yourself.”



1 Kings 18:38-39 (NLT)

³⁸ Immediately the fire of the Lord flashed down from heaven and burned up the young bull, the wood, the stones, and the dust. It even licked up all the water in the trench! ³⁹ And when all the people saw it, they fell face down on the ground and cried out, “The Lord—he is God! Yes, the Lord is God!”



1 Kings 19:2-3 (NLT)

² So Jezebel sent this message to Elijah:
“May the gods strike me and even kill me if by this time tomorrow I have not killed you just as you killed them.

³ Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there.



1 Kings 19:4 (NLT)

⁴ Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. “I have had enough, Lord,” he said. “Take my life, for I am no better than my ancestors who have already died.”



Reality is found in Scripture.



Psalm 12:6 (NASB95)

⁶ The words of the Lord are pure words;
As silver tried in a furnace on the earth,
refined seven times.



The wonderful truth of the
Gospel is objective



Feelings anchored in the
Truth are reliable and
trustworthy.



Romans 12:1-2 (ESV)

¹ I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. ² Do not be conformed to this world,³ but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect



Prayer for Belief-Based Living

Thank you, Father, for directing my attention
Upward and outward to objective truth,
And away from self-centeredness and enslavement to
subjectivity.

I turn away from my self-focused arrogance and towards You ---
To receive forgiveness for that arrogance.
I direct my faith towards You and Your Word,
For You alone are worthy.

As my faith is built up and strengthened,
Transform my emotions so that I more truly love you
With all my heart and all my mind
And all my soul and all my strength.

