

## FEELINGS VERSUS THOUGHTS

Have you ever noticed in the Bible that the main problem with people is not their feelings but their thoughts. One reason our feelings get out of wack is that our thoughts get out of wack.

Are feelings good or bad? The fact is, most feelings just happen. They are often driven by hormones, by how much or how little rest we've had, by whether it is a cloudy or a sunny day, by how others treat us, by how much money we have in the checking account, whether the car breaks down or the sewer backs up, or we're battling illness. Feelings just happen. If we could control our feelings we'd never ever feel sad or depressed again would we? But do you know what. Feels just are. They aren't necessarily good or bad.

However, what we do with those feelings is another matter entirely. Just because I may be feeling out of sorts doesn't mean that I have to act out of sorts. Just because Satan tries to get me to feel that God doesn't care about my troubles doesn't mean I have to believe him.

Numerous times in the Bible we are told to walk by faith, which means we do not walk by our feelings. In war most soldiers do not feel like walking into the heat of battle. A new mother at two in the morning doesn't feel like getting up to nurse her newborn baby. A father who comes home from a long day at work may not feel like playing catch with his son, but it is the loving thing to do.

In Hosea 4:6 God says, "My people are destroyed from lack of knowledge." Our culture teaches that if it feels good, do it. That is crazy thinking. Ask any meth addict how that's working for them. Jesus said you shall know the truth and the truth shall set you free. Woe to the person or nation who is slave to feelings without a foundation of truth.