

## Bonus Chapter #2

# Blessed with Emotions

. . . so that My joy may be in you, and that your joy may be made full.

*JOHN 15:11 NASB*

Yes. You read the title of this chapter correctly, gentlemen. It was not a typo, oversight, or error. As a son of God, you have been blessed with emotions.

Somewhere along the way a lie got into our culture that real men don't have emotions. At some point, we got sold a bill of goods that the ideal man was a rock-faced, silent, detached, removed edifice that was not hindered or hampered in any way by something as silly as emotions. That feelings were for women, not men.

But here's the truth: Real men are sons of God, made in the image of their heavenly Father. And God has emotions.

For God so loved the world that he gave the gift of his only begotten Son (see John 3:16). Love is an emotion.

The Lord's heart overflowed with compassion and the widow of Nain's son was raised from the dead (see Luke 7:12–15). Compassion is something you feel.

It was for the joy set before him that Jesus endured the cross (see Hebrews 12:2). Joy is an emotion.

When I was a kid in the 1970s, I bought into the lie that if I was going to grow up to be a "real man," I had to stop feeling things. I remember being ashamed when I was eight years old of getting upset about something and making a vow that I would never cry again. I thought emotions made me weak. So I did all that I could to choke off my feelings and stuff away any kind of emotion. But that is so not God's plan for his sons. He made that abundantly clear thirty

years later when he sovereignly revealed himself to me and declared the power and intensity of his feelings for me. The love and joy he felt for me so touched my heart that I spent my first three hours of salvation weeping with gratitude.

The first thing God did for me when he brought me into his kingdom was to unlock three decades of bottled-up, shut-off, and stuffed-down emotions.

Why?

Because we were made to feel. When God created us in his image, he created us body, spirit, and soul. The soul is the place of our mind, will, and emotions. After creating us this way, the Lord declared it was all very good. Emotions are good. Very good, even.

It is a blessing to be able to feel love, devotion, and commitment to our families. It is a good thing to feel joy about our accomplishments and successes. It's wonderful to feel acceptance and appreciation from our heavenly Father.

Emotions are a blessing. The key is for us to rule our emotions, not for them to rule us. That's why the Bible tells us "A fool vents all his feelings, but a wise man holds them back" (Proverbs 29:11 NKJV). It's not that a fool has emotions, but that a fool lets himself be ruled by his emotions. A wise man, a powerful man, a man who knows he is made in the image of his heavenly Father, embraces the blessing of connecting with the heart of God through divine emotions and the fruit of the Spirit (love, joy, peace, etc.), but he does not allow himself to be overrun by emotions. A blessed son knows he is a dominion steward in the earth, and that one of the most important realms he watches over is the realm of his very-good soul.

You have power over your emotions. You have the ability to cast down negative, ungodly feelings like fear, anger, self-pity, disappointment, bitterness, and offense. You have the capacity to choose to fill your heart with loving, joyful, caring, merciful, divine emotions that edify, comfort, and encourage. You are able to steward the emotional atmosphere of your home, relationships, workplace, and community by choosing to watch over the emotional atmosphere of your heart.

Every godly and divine emotion is available to you because God himself dwells in you, and you dwell in him (see 1 John 4:13). Choose love. Choose joy. Choose peace and compassion.

Choose to fill your heart and life with these divine expressions of the very nature of your heavenly Father. It will bless you and everyone around you.

Feel good. For you have been blessed with godly emotions!

## DECREES

### I Decree That:

1. When God made me in his image, he made me with his emotions.
2. My divine emotions are very good.
3. I have the heart of the Father—I am filled with love.
4. I am abundant in the fruit of the Spirit.
5. I am overflowing with joy, peace, and compassion.
6. I rule my emotions; they do not rule me.
7. I am blessed with self-control.
8. I choose to feel godly emotions, not negative ones.
9. I choose to fill my heart, my life, my relationships, and my world with the light, life, and love of the heart of God.
10. The Lord has blessed me with emotions!

*Decrees based on the following Scriptures: Genesis 1:26; John 3:16; Luke 7:13; Genesis 1:31; Ezekiel 36:26; 1 John 4:7; Galatians 5:22–23*

## **Activation**

Practice stewarding the realm of your emotions. If you are feeling discouragement, frustration, anger, or any other negative, ungodly emotion, realize that you don't have to. Cast those things down. Repent of giving place to them. Now, focus on the heart of the Father. Choose to feel his love for you. By faith declare that you're being filled with the fullness of his goodness, and it is casting out any negative emotion. Declare in your God-given authority that you are filled with love, peace, and joy. Allow those feelings to arise in you until they are not only a faith statement, but you are truly feeling them.