

# The Human Mind

## The Discipline of Renewing It Daily

### Session 7

#### 1. Intro

Why do you suppose God created you to experience anger as an emotion? (Ephesians 4:26-27)

What does anger reveal?

“Our emotional response to what we think and believe reveals whether we are on the right path. Remember that our emotions are predominantly a product of our thought life. Consciously or subconsciously, we have certain ideas or goals in our minds for how we should live and what must happen in order for us to be happy, satisfied, and successful. Often, our sense of worth is tied to those goals.” - Neil Anderson

We will be on an emotional roller coaster if we believe our identity and sense of worth are dependent on other people and life’s circumstances.

#### 2. The Importance of Pain

*To Receive or Not To Receive?*

Think of your emotions as being to your soul what your ability to feel is to your body. Now suppose somebody had the power to take away the sensation of physical pain and offered it to you as a gift. Would you receive it?

Every square millimeter of the body has a different sensitivity to pain so that a spec of dirt may cause excruciating pain in the vulnerable eye whereas it would go unreported on the tough extremities. Internal organs such as the bowels and kidneys have no receptors that warn against cutting or burning—dangers than they normally do not face—but show exquisite sensitivity to distention... Pain serves us subliminally as well: sensors make us blink several times a minute to lubricate our eyes and shift our legs and buttocks to prevent pressure sores. Pain is the most effective language the body can use to draw attention to something important.

(Philip Yancey, “That Hurts,” in *Books and Culture*, May/June, 2008, 32-33)

If you lost the ability to feel pain, your body would become hopelessly scarred in a short time. Your soul would also be scarred if you never felt anger, anxiety, or depression.

### 3. God Given Emotions

Question: How do we hurt ourselves when we suppress our emotions?

Like an indicator light on the dash of a car. Covering the light with a piece of tape is like suppressing our emotions, which is dishonest and unhealthy. Stuffing our emotions will cause psychosomatic illnesses. Smashing the light is indiscriminate expression, and venting our rage is unhealthy for the people around us. So, how should we deal with our emotions?



#### a) Closer Look (1 Samuel 18:1-16)

“People who are secure in Christ are less prone to anger because their identity and sense of worth are found in Christ, not in the success or failure of others or in the positive or negative circumstances of life.”

“Before Saul ever became angry with David, he was bitter as a result of his confrontation with Samuel (see 1 Samuel 15). Because of Saul’s rebellion and disobedience, the Lord had rejected Saul as king of Israel and told Samuel to anoint David as king. There is no evidence that Saul ever repented of his sin or forgave David for upstaging him. At the heart of an angry person is a bitter spirit, and such unresolved anger gives the devil an opportunity. After venting his anger toward David, “The next day an evil spirit from God came forcefully on Saul” (1 Samuel 18:10). The same could happen to us if we do not forgive from our heart.” – Neil Anderson

#### b) Reflection

“Disappointment—His appointment,” change one letter, then I see,  
That the thwarting of my purpose is God’s better choice for me.

His appointment must be blessing, though it may come in disguise,  
For the end from the beginning open to His wisdom lies.

“Disappointment—His appointment,” Whose? The Lord, who loves me best,  
Understands and knows me fully, who my faith and love would test;

For, like a loving earthly parent, He rejoices when He knows  
That His child accepts, unquestioned, all that from His wisdom flows.

“Disappointment—His appointment,” no good thing will He withhold,

From denials oft we gather treasures of His love untold.  
 Well He knows each broken purpose leads to fuller, deeper trust,  
 And the end of all His dealings proves our God is wise and just.  
 “Disappointment—His appointment,” Lord, I take it, then, as such.  
 Like the Rod in hands of potter, yielding wholly to Thy touch.  
 All my life’s plan is Thy molding; not one single choice be mine;  
 Let me answer, unrepining—“Father, not my will, but Thine.”

—Edith Lillian Young

### c) **Jesus & Emotion (Mark 11:15-18)**

“God’s anger is continuous, but His lovingkindness and mercy temper it. God is incredibly patient toward those who sin—we would be much swifter about judging others and forcing them to suffer the consequences. (Remember, Jesus turned over the table, not the moneychangers.) God has the perfect capacity to separate the sin from the sinner. If that were not so, we would all be doomed. We should have a sense of righteous indignation, but we need to learn from His example how to express it.” – Neil Anderson

“When we think about conforming to God’s image, we usually do not think about taking on His righteous wrath. However, the Bible actually talks more about the wrath of God than it does about our wrath. God’s anger is not born out of His insecurity, and He doesn’t have blocked goals. His anger is a righteous indignation toward sin.” – Neil Anderson

### 4. **Without Violating The Fruit of the Spirit (Galatians 5:22-26)**

If we are going to be salt and light in this fallen world, we need to speak the truth, but we need to do it in love. We must make a stand for righteousness, but we should silently stand by if we can’t do so without violating the fruit of the Spirit. To speak the truth without love would make us no different from those who represent the ideals we are standing against—and it would profit no one. Let the message spoken in love—not the messenger—be the offense.