

EMOTIONAL

AND

MENTAL

SALVATION

Emotions are defined as feeling or behaving in a certain way, typically because of the environment we are in or toward specific things, events, or situations.”

SIMPLY SAID: “EMOTIONS = FEELINGS”

THE FOUR MAJOR CATEGORIES OF EMOTIONS:

- Joy
- Sadness
- Anger
- Fear



Emotions are created by God
Emotions are not demonic or satanic

JOY

The LORD has done great things for us, and we are filled with joy.
Psalm 126 :3

SADNESS

The LORD is close to the brokenhearted; He saves those whose
spirits are crushed.
Psalm 34:18

ANGER

Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil.

Ephesians 4:26-27

FEAR

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous...

Isaiah 41:10

GOD IS AN EMOTIONAL GOD

- God the Father experiences **anger**
- God the Son **weeps**
- God the Spirit **grieves**

So God created man in his own image, in the image of God he created him; male and female he created them.

Genesis 1:27

For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful.

Psalms 139:13-14

BODY, SOUL, AND SPIRIT

- Hannah longed for a baby (1 Samuel 1:1-20)
- Elijah was burned out (1 Kings 19)
- Job lost everything (Job 1-42)
- Jonah wanted his life to end (Jonah 4)
- Jesus suffered death on the Cross

¹ Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. ² So Jezebel sent a messenger to Elijah to say, “May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them.”

³ Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, ⁴ while he himself went a day’s journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. “I have had enough, Lord,” he said. “Take my life; I am no better than my ancestors.” ⁵ Then he lay down under the bush and fell asleep.

1 KINGS 19

And the word of the Lord came to him: “What are you doing here, Elijah?”

¹⁰ He replied, “I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too.”

¹⁵ The Lord said to him, “Go back the way you came, and go to the Desert of Damascus. When you get there, anoint Hazael king over Aram. ¹⁶ Also, anoint Jehu son of Nimshi king over Israel, and anoint Elisha son of Shaphat from Abel Meholah to succeed you as prophet.

1 KINGS 19

Elijah was a man with a nature like ours, and he prayed earnestly that it would not rain; and it did not rain on the land for three years and six months.

JAMES 5:17



WHEN EMOTIONALLY DISTRESSED...

Acknowledge your feelings. Do not ignore, suppress, or deny.

Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God. Psalm 42:5

Talk to God and cast your anxieties upon Him.

Cast all your anxiety on him because he cares for you. Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. 1 Peter 5:7-8

Hope in God by embracing His promises.

May the God of hope fill you with all joy and peace in believing so that by the power of the Holy Spirit you may abound in hope. Romans 15:13



OUR GOD IS A COMPASSIONATE GOD

For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. ¹⁶ Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need. Hebrew 4:15-16

OUR RESPONSE

Though the fig tree may not blossom, Nor fruit be on the vines; Though the labor of the olive may fail, And the fields yield no food; Though the flock may be cut off from the fold, And there be no herd in the stalls— Yet I will rejoice in the LORD, I will joy in the God of my salvation.” Habakkuk 3:17-18