

# The Mind and Emotions

---

- A. **Proverbs 23:7** – “As a man thinks in his heart, so is he.”
- B. Emotions respond to a signal the mind sends them.
1. **Illustration:** Wife and mother: “Why do I feel so much resentment toward Harold every-time he comes into the house?” Her life and marriage were being destroyed because of the powerful emotion of resentment. Her emotions were being produced by the thoughts within her mind.
  2. **Illustration:** Driving down highway when suddenly a glance into the rear-view mirror reveals that a highway patrol car is closing on you with its blue lights flashing. Your heart leaps into your throat. You feel nervous, uncertain, and the palms of your hands begin to sweat (perspire). You begin to pull over, all the time wondering what you did, and contemplating receiving a ticket. As you begin to pull over, the patrol car pulls on around you and keeps going. Then you realize that he is not after you and your emotions return to normal. What has just happened.
    - a. You **thought** you were going to be stopped and issued a ticket.
    - b. Your emotions responded to that thought.
    - c. You placed a wrong interpretation on one fact, the patrol car coming up behind you with its blue lights on, and you did not think of other reasons why it was happening. (Maybe the car ahead of you was his target . . . maybe he had received a call and was being dispatched to an accident scene . . . Maybe the Krispy Kreme doughnut sign was flashing . . . etc.) Your distorted view and interpretation of the fact produced your emotion.  
**Your emotions responded to the signal your mind sent them.**
- C. Listen carefully: **It is not the actual event but your perception of the event that result in changes in your moods . . . your emotions.**
- D. You determine your emotions by the choice of thoughts you hold and believe.
1. Emotions are not external entities which enter our bodies arbitrarily like a germ.
  2. Your emotions, regardless of their nature, are the product of your thoughts.
  3. You re in the driver’s seat . . . You select your emotions when you select your thoughts.
    - a. You feel the way you do right now because of the thoughts you are presently thinking.
    - b. Change your thinking and your will change your emotions.
    - d. Illustration: Reaction in chapel at then David Lipscomb College when President Pullias walked out on the chapel stage with a folder in his hand.
  3. The five senses: (Sight, hear, touch, taste, and smell) are the doors to the mind . . . especially the eyes and the ears.

4. This is why we must be very careful as to what we allow to enter our minds through our eyes and ears.
  - a. **Proverbs 4:23** – “Keep your heart with all diligence, For out of it spring the issues of life.”
  - b. **Galatians 6:7** – “Don’t be deceived: God is not mocked. For whatever a man sows he will also reap.” **Sowing negative thoughts produce negative emotions.**

### THINK RIGHT TO FELL RIGHT

- A. **Proverbs 23:7** – “As a man thinks in his heart, so is he.”
- B. “How do you feel?” The answer to this question depends on what you are thinking at the moment.
  1. If you are thinking positive thoughts your response may be, “I feel great!”
  2. On the other hand, if your frame of mind is negative you may say:
    - a. “I don’t feel so hot.”
    - b. “I feel lousy.”
    - c. “I’ve felt better.”
  3. If you think negative thoughts you will reap a crop of negative emotions. If you think positive thoughts you will reap a crop of positive emotions.
- C. **Feelings aren’t facts!**
  1. In the earlier illustration, the blue lights were not intended for you. You felt at the moment that they were, but the true fact was that they were not for you. Feeling they were for you did not make them be for you.
  2. Emotions respond to a felling whether the felling is factual or not.

### TWISTED THINKING

- A. Twisted thinking produces emotions accordingly.
  1. Twisted thinking is your mind processing thoughts, not actual facts or events, and producing emotional responses such as fatigue, nervousness, anxiety, depression, loss of appetite, and a host of others.
    - a. Twisted thinking can create problems for us.
    - b. David Crockett: “Be sure you are right, then go ahead.”
  2. Failure and negative thoughts, which produce twisted thinking, need to be promptly ejected from our mind.
- B. Saul of Tarsus is a good Biblical example of twisted thinking.
  1. In his defense before King Agrippa, he acknowledged the results of his twisted thinking. **Acts 26:9-10** – “Indeed, I myself thought I must do many things contrary to the name of Jesus of Nazareth.  
This I also did in Jerusalem, and many of the saints I shut up in prison, having received authority from the chief priests; and when they were put to death, I cast my vote against them.”
  2. KJV - “I verily though with myself . . .”

3. The prime mover behind Paul’s actions and emotions, according to his own confession, was his thinking. “I verily thought with myself . . .”
  4. He was the product of what he permitted to enter his mind . . . namely, negative and false teachings about Christ and Christianity.
    - a. He thought both were wrong and needed to be done away with.
    - b. Later, through proper instruction which he accepted, he was able to straighten his twisted thinking.
  5. Note: Apply this principle to people in denominationalism and you will better understand that their feelings and emotions are based . . . on what they think in right, even if it isn’t according to the Bible.
    - a. When their thinking is changed, their feelings and emotions will be changed.
    - b. Their thinking is not changed by dealing with their feelings, but with their thinking. You are not going to change their feelings until you change the thinking . . . perceived facts.
    - c. Show them exactly what the Bible says. This is why the matter of Biblical authority is so profoundly important.
      1. **John 8:32** – “You will know the truth, and the truth will set you free.”
      2. **John 17:17** – “Sanctify them by the truth; Your word is truth.”
      3. What about the truth?
        - a. Romans 1:28 – Suppressed the truth.
        - b. Romans 1:25 – Exchanged the truth of God for a lie.
        - c. Romans 2:8 – Did not obey truth but unrighteousness instead.
        - d. Romans 9:1 – Truth can be told and taught to others.
        - e. 1 Corinthians 13:6 – Truth can be rejoiced in.
        - f. Galatians 2:5 – The truth continues.
        - g. Galatians 3:1 – Will not be obeyed by some.
        - i. Colossians 1:5 – The truth is the gospel.
        - j. 2 Thessalonians 2:12 – Condemnation comes where the truth is not believed.
        - k. 2 Thessalonians 2:13 – Salvation is involved in the truth.
        - l. 2 Timothy 2:8 – The truth can be resisted.
        - m. James 3:14 – People lie against the truth.
        - n. 1 John 2:21 – The truth contains no lies.
        - o. 3 John 3 – The truth can be confirmed to others.
        - p. 3 John 4 – The truth can be walked in . . . lived.
- C. It has been proven over and over again that the emotions do not know the difference between an established fact and an erroneous fact. Illustration: Man received a phone call and thought the caller said his father was dying with a heart attack. He got into his car and drove as fast as he could to his father’s house, only to be greeted by his father at the door. The son almost had a heart attack himself. His emotions were responding to thoughts the mid

were holding as true, but were not actually true. In his mind he believed his father was dying, thus his body acted accordingly. Later he learned the caller had said “John,” instead of “Don.” John was a friend of the family.

## **KEYS TO WINNING OVER TWISTED THINKING.**

We need to recognize that our thought patterns and habits can be changed constructively and we can experience release from twisted thinking, reactions and responses that eventually will defeat us

- A. **Recognize that YOU are in control of your thoughts.** God created you with this wonderful ability.
- B. **Don't try to suppress your thoughts.**
  1. Burying them only reinforces the negative response demonstrated by your emotions.
  2. We must be alert to these thoughts as they come into our minds and say “NO” to them, and saying “YES” to a positive replacement.
- C. **When you are challenged by a twisted thought, ask yourself, “Why am I thinking this way?”** What has triggered this negative thought? Determining the stimulus or root of the thought is a must.
- D. At the very suggestion of a defeating thought, eject it from your mind with a positive Bible verse. The *Living Bible* translation of Philippians 4:8 reads: “Fix your thoughts on what is true and good, and right. Think about things that are pure and lovely, dwell on the fine, good things in others. Think about all you can praise God for and be glad about.” Isn't that a wonderful piece of advice . . . It came from God through the Holy Spirit as penned by Paul.
- E. **Changing your thinking takes place as an act of the will.**
  1. **Colossians 3:2** – “Set your mind on things above.”
    - a. Now are you beginning to see why the Bible teaches this?
    - b. This declarative statement involves an act of the will . . .
    - c. Who sets your mind . . . You set your mind.
  2. **Colossians 3:5** – “Therefore, put to death whatever in you is worldly: sexual immorality, impurity, lust, evil desire, and greed, which is idolatry.”
  3. **Colossians 3:8** – “You must rid yourselves . . . “
  4. **Colossians 3:12** – “Put on . . .”
- F. **You cannot control what others say about you or think about you, but you can control how you react to it.**
  1. **Proverbs 25:28** – “A man who does not control his temper is like a city whose wall is broken down.”  
Question: What can happen to a city whose wall is broken down?
  2. Our desire is not to rid ourselves of our emotions, but rather, learn how to control them with God's help.
- G. **Pray to God for wisdom and strength.**

**CONCLUSION:**

- A. Illustration: We need to face life in the spirit of a man who lost his eyesight. He rushed to the doctor. The treatment by the physician made it possible for him to see again, but the return of his sight caused him to lose his memory. He returned to the doctor. This time he was treated for a loss of memory. The man regained his memory but lost his eyesight again. “Well,” said the physician, “we can’t cure both of them together, so you’ll have to choose between sight and memory. Which will it be?” The man answered, “Eyesight! I’d rather see where I’m going than to know where I’ve been.”
- B. It doesn’t matter that you have been plagued in the past with twisted thinking or warped emotions, the next step you take to handle it is what counts.
- C. **God’s Plan for Man’s Salvation**