

### Developing Our Emotions – Part 1

#### 1 Thess. 5:23-24.

##### ●**Why did God create us with emotions?**

- Because He knew one day Freud and Jung would come along and figure it all out, so we could develop techniques and medications that would make it all better.
- God designed our emotions as a glorious means through which He would express His own personality to and through us to the creation.
- Jesus became flesh so that infinite, whole emotion could be encountered, transform and be shared!

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### Developing Our Emotions – Part 1

#### Gal. 5:16-24.

- These are the *nine dimensions of God's personality* that He desires to develop and express through us.
  - It is in and through *our emotional area* that these fruits of His personality are grown.
  - They cannot be manufactured through external techniques or from fallen human nature.
  - They are *grown* in our soul, from our spirit where the Holy Spirit dwells, and must be *cultivated* to be fully developed and expressed.

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### Developing Our Emotions – Part 1

#### Gal. 5:16-24.

- They are never found on the surface, nor in the fallen human nature, but growing deep in the emotional part of our soul, *so the soul must be disciplined, developed and trained (cultivated like soil) for them to grow, appear and flourish.*

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**Developing Our Emotions – Part 1**

**Gal. 5:16-24.**

● *Most people keep “the shades” down and the gate locked, that both keep out the light necessary for growth and the Gardener who has to tend things.*

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**Developing Our Emotions – Part 1**

**Song 4:15-5:1.**

- It can be a very “dangerous” thing to open to the divine Gardener, because He may use circumstances and His “friends” to cultivate our souls in order to bring forth His fruit!
- The healing, training and development of our emotions, primarily comes by ***embracing an inward cross.***
  - “That person, thing, circumstance (ad infinitum), is my problem!”
  - This is ***a failure to recognized the problem (the emotional reaction) is within me!***

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**Developing Our Emotions – Part 1**

**Song 4:15-5:1.**

- The first step in healing and development is to ***open the shades and the gate and let the Gardener in.***
- ***Mary Magdalene – John 20.***
  - Many, today, are ***trapped in an emotional tomb of yesterday’s hurt and baggage*** and don’t even ***recognized a post-resurrection emotional existence is available.***
  - We continue to embrace self-help techniques, medication and even occultic influences to try to find relief, unaware things are actually becoming worse.

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**Developing Our Emotions – Part 1**

**Song 4:15-5:1.**

- This emotional "tomb" is *actually the primary starting place for our emotions to be made whole because of the cross, and finding the resurrected Gardener in the bottom of our most broken place.*
- Until we reach this place, nothing we find in ourselves, our friends, relationships, circumstances, methods, etc. can bring true wholeness.
- It is *only in this moment of complete despair that we find Him and His grace.*

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**Developing Our Emotions – Part 1**

**Song 4:15-5:1.**

- It's only here that we actually allow Him to *weed the garden, prune the flesh, plow the fallow ground, exterminate the vermin and fertilize the soil.*

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**Developing Our Emotions – Part 1**

**How Do We Know If Things are Changing?**

- The fruit of His personality in our emotional area will begin to *effect and produce change in others and our surroundings.*
- Fruit has seeds and reproduces...this is what it's for!*
- This is one reason *He puts us in community.* to be emotionally developed and to spread it to others.
- Nobody fully possesses all the fruit, so we need *cultivation and seeding that only comes in fellowship with others.*

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