
Words of Truth

Not Being Led By Emotions Doesn't Mean Become Emotionless

By: Brian A. Yeager

So many people throughout the existence of this world have lost their souls because they followed emotions rather than reason. The Lord warns us about trusting our hearts. Our Lord has told us these things: *“He that trusteth in his own heart is a fool: but whoso walketh wisely, he shall be delivered... The heart is deceitful above all things, and desperately wicked: who can know it? I the LORD search the heart, I try the reins, even to give every man according to his ways, and according to the fruit of his doings... And Jesus said, Are ye also yet without understanding? Do not ye yet understand, that whatsoever entereth in at the mouth goeth into the belly, and is cast out into the draught? But those things which proceed out of the mouth come forth from the heart; and they defile the man. For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies: These are the things which defile a man: but to eat with unwashen hands defileth not a man”* (Proverbs 28:26, Jeremiah 17:9-10, and Matthew 15:16-20).

Emotions can help or hurt us (Proverbs 17:22 and Proverbs 18:14). To combat the harm that emotions can cause, some people try to never have any emotions about anything. They try to become like robots and only respond with logic rather than feelings to any and everything. We need to avoid extremism (Ecclesiastes 7:16-18). Just because emotions can cause harm does not mean that emotions are entirely harmful. There is a huge difference between having emotional moments and being led by emotionalism. Let's start our study with that point.

The Difference Between Being Emotional And Being Led By Emotions

Jesus came into this world and taught that sinners needed to repent of their sins and be converted (Matthew 4:12-23 and Matthew 18:1-11). His desire is that all people will be saved (I Timothy 2:3-4). To this end, He is long-suffering but not overly forgiving (II Peter 3:9). He first began teaching the children of Israel and focused His work in the flesh on them (Matthew 10:5-6 and Matthew 15:24). Even after His death, burial, and resurrection He desired that the Gospel be first taught in the city of Jerusalem (Luke 24:47-49) and it was (Acts 1:1-2:47).

So think about our Lord's feelings concerning Israel and in specific Jerusalem. It is right to say that Jesus greatly desired to see Israel saved and Jerusalem preserved (Luke 13:34). Notice what emotions Jesus showed toward Jerusalem: *“And when he was come near, he*

beheld the city, and wept over it, Saying, If thou hadst known, even thou, at least in this thy day, the things which belong unto thy peace! but now they are hid from thine eyes” (Luke 19:41-42). If you continue reading and you know anything about what our Lord did to Jerusalem, you know that His emotions did not prevent Him from having righteous judgment (Luke 19:43-48; cf. Matthew 23:37-24:34). Jesus was emotional about the lost spiritual state of His people. Yet, Jesus did not change His teaching about repentance and conversion because of His emotions. He wasn’t led by those emotions. He controlled those emotions. We need to learn from Jesus that controlled emotions are a good thing.

Jesus Is An Example Of Having Emotions

Let’s consider a few Scriptures that show how Jesus was emotional at times. Notice: *“Now Jesus loved Martha, and her sister, and Lazarus... Then said Jesus unto them plainly, Lazarus is dead... Then when Mary was come where Jesus was, and saw him, she fell down at his feet, saying unto him, Lord, if thou hadst been here, my brother had not died. When Jesus therefore saw her weeping, and the Jews also weeping which came with her, he groaned in the spirit, and was troubled, And said, Where have ye laid him? They said unto him, Lord, come and see. Jesus wept... Now is my soul troubled; and what shall I say? Father, save me from this hour: but for this cause came I unto this hour... When Jesus had thus said, he was troubled in spirit, and testified, and said, Verily, verily, I say unto you, that one of you shall betray me... So also Christ glorified not himself to be made an high priest; but he that said unto him, Thou art my Son, to day have I begotten thee. As he saith also in another place, Thou art a priest for ever after the order of Melchisedec. Who in the days of his flesh, when he had offered up prayers and supplications with strong crying and tears unto him that was able to save him from death, and was heard in that he feared”* (John 11:5; 14; 32-35, John 12:27, John 13:21, and Hebrews 5:5-7).

Isn’t Jesus a pattern, an example for us to follow (Hebrews 12:1-3, I Peter 2:21-22, and I John 2:3-6)? We just read how Jesus wept, had sorrow, was troubled, feared, etc. Jesus also had emotions such as anger and grief (Mark 3:1-6). How can we be like Christ if we bury our emotions? How can we walk in the steps of our Savior if we fear being led by emotions so much that we refuse to have any emotions? We cannot run to the extreme of avoiding being led by our emotions by never having any emotions.

Conclusion

There are many godly requirements of us as Christians that mean we have to be able to be emotional. For example, we are commanded to: *“Rejoice with them that do rejoice, and weep with them that weep”* (Romans 12:15). How can we follow that command if we are incapable of being emotional? Don’t fear emotions. Emotions can and are often very good. Just practice self-control to keep your emotions from overtaking your ability to reason.