

You Can Have More Than One Emotion At A Time

I. Introduction:

A. God's people should be happy (**Psalms 144:15** and **Proverbs 16:20**) and able to rejoice (**Philippians 4:4** and **I Thessalonians 5:16**).

1. Even when the world around us is on fire, we have plenty to be happy about (**Ephesians 1:3**).

2. We are even supposed to have joy in times of adversity (**James 1:2-3**).

B. But wait, the Bible also says the opposite (**Ecclesiastes 7:1-3**).

1. Weep now, woe to... (**Luke 6:21; 6:25**).

2. A faithful Apostle had a continual sorrow (**Romans 9:1-3**) and he serves as a pattern for others to follow (**I Corinthians 4:16; 11:1**).

3. So, what is what?

II. Body: Think About Sorrow AND Rejoicing (**II Corinthians 6:10**).

A. Spiritually minded people can greatly rejoice AND have great heaviness at the same time when properly focused (**I Peter 1:3-9**).

1. Paul suffered having many tears and yet joy as well because of his focus (**Acts 20:17-24**).

2. Don't think that was easy for him (**II Corinthians 1:8; 7:5**).

B. The greatest of all examples suffered much (**I Peter 2:21-24**).

1. The Scriptures say Jesus had strong crying (**Hebrews 5:5-7**).

2. Jesus had a time wherein He was "exceedingly sorrowful" (**Mark 14:32-42**).

3. His soul was troubled (**John 12:27**).

4. Yet, He was "glad" [full of cheer] (**John 11:15**) and anointed with the oil of gladness [exceeding joy] above others (**Hebrews 1:8-9**).

C. Sometimes there has to be a focus on one emotion over another based on circumstances (i.e. **James 4:6-10** or **I Peter 4:12-14**). But, that doesn't mean we should just be happy or sad all the time.

1. Remember that God made us in His likeness (**Genesis 1:26-27; 5:1**).

2. God has multiple emotions (**Psalms 78:40, Zephaniah 3:17, Luke 19:41-44**, etc., etc.).

3. Yet, He is not defined by one thing He feels (**Psalms 30:4-5**).

4. He is our example (**Ephesians 5:1**).

III. Conclusion: You don't have to be just happy or sad, etc. Know there are times for feelings to come about (**Ecclesiastes 3:1-8**)!