

## **THE POWER OF EMOTIONS**

Everyone at one time or another has had their feelings hurt. Sometimes the cause was an injustice done to us, the slip of a tongue, or a planned scheme of deception. Our own feelings and emotions play a big part in our life. We may be gifted with a good deal of intelligence, understand some of the mysteries of life, and be able to impart this wisdom to others, but if we cannot control our own emotions life can become very painful and difficult.

Having feelings is not wrong or sinful. Our emotions were given to us by God. God has emotions too. Humans can love, hate, show gratitude, get mad, and be offended. God has these qualities too. If we did not have all of these and other emotions life would be very dull, almost robot like.

Without emotions we could not experience the thrill of a good ball game, the laughter of a good joke, or the excitement of starting a new venture. Without emotions we could not deeply love our spouse, children, relatives, and friends. Relationships between humans would be as shallow as a drop of water on the street. Our emotions should enrich our lives, enrich our relationships, and develop our character.

But unfortunately, our emotions can be destructive. People wanting their own gain can "play on our emotions" making us think and do things which are not rationale. Sometimes our emotions will overrule our head, causing us to purchase things we really don 't need, or do things we will later regret. Emotions are so strong that sometimes in the face of overwhelming evidence to do what is right, our feelings will direct us to do otherwise.

Doctors have known for years that the mind can overrule physical pain. Some who have through emotions and feelings attended "healing crusades" thought they were cured of their respective diseases, only to have been deceived by others by their own emotions. We may have a broken arm or cut hand, but by our own mind power we can control our emotion to not feel the pain, and this obviously does not change the fact that our arm is still broken or hand still cut.

More often than the above cases, is the situation where people misuse their feelings and emotions when wronged by another individual. We need not to curb our emotions as to quench them but learn when and how to use them for the best good.

For example, someone lies to us and we are hurt. We lash back in anger, distrust, and in condemnation. This makes the offender also hurt. He reacts with equal anger to yours, along with pride, resentment, and apathy toward us. A wall of division now exists because we have misused our emotions. Jesus taught us how to correctly apply our feelings in such a situation. By correctly using our emotions the dividing wall will be destroyed, or even not built in the first place.

To remedy the situation of the lie, our correct emotional path would be to show love toward the individual and have patience within ourselves. We should in kindness go to our opponent and express our concern for the truth. This will keep lines of communication open (not a wall of division) and our emotions can be used for the solving of the problem, not creating a bigger one.

When wronged we train ourselves to use the emotions of love, patience, kindness, and concern, not the emotions of anger, pride, resentment, and distrust. Our emotions can be used for good in every situation and should be cultivated to do just that. Develop your PSA (Positive Spiritual Attitude) by using your God—given emotions to build up, not tear down.