

NOT FEELIN' IT

INVITATION

Are you willing to trust God even when you're not feelin' it?

At this point, we have talked quite a bit about our new reality in Christ. In *I'm a Saint Acting Like a Sinner*, we learned that we are new creations — saints, holy ones. However, we often still feel like our old selves, experiencing guilt and shame. What we *know* is one thing, but what we *believe* is another. Just because we learn a specific truth about who God says we are doesn't mean our emotions instantly agree with it! Our feelings are connected to what we believe. Every time we experience negative feelings it is an opportunity to look closely at what we are believing and invite God to speak. Thankfully, God extends kindness and patience towards us; He never rushes us. In fact, He will go as slow as we need to. Are you willing to allow your past hurts, disappointments, and rejections to come to the surface for healing so you can finally feel and experience God's love and care?





THE KNOT

The big question for us to look at today is, *why don't I feel what I know?* Our feelings are attached to the memories and experiences in our lives, both good and bad. Perhaps you've experienced a traumatic event or a lot of small hurts that add up to something big. These emotions need healing. Emotions are like a window into our soul. They tell us what's going on and what we are believing. Emotions are helpful because they cause us to look at our beliefs and ask some important questions — What am I feeling? Why am I feeling it? Then we have to decide what to do with those feelings. Our beliefs when combined with negative circumstances cause certain feelings, which in turn causes us to act in a specific way. This can lead to a lot of frustration. We must look for God's truth in our spirit.

If we've accepted God's free gift of salvation, the Holy Spirit now resides in us as believers and He wants to direct our every word, thought, and action. But as we all know, often something seems to get in the way of that. It's like having a light bulb that is covered up and not visible — it doesn't mean the light bulb is not lit — something is just preventing the light from being seen. Today, we're going to discover what covers the light, and how God will help us uncover it.





THE UNTANGLE

Evaluating our beliefs is not something we ordinarily do unless we're forced to. In fact, that's part of what God does with the chaos in our lives. He uses it to help us uncover our beliefs. God gave us the ability to feel because we were made in His likeness. God celebrates that we are creatures with emotions because that is what He is. But while God has emotions, He is not controlled by them.

Our emotions are to be experienced — we know this as a fact because of Jesus Christ Himself. Jesus had the same emotions we do, and He expressed them! Perhaps the most profound expression of His emotions was in the garden of Gethsemane before he was crucified. Jesus knew what was about to happen; it was what He came to this earth for. Yet, He still grieved and sweat drops of blood as He cried out to His Father and asked if there was any other way.

The Christian life here on earth is really a journey of the soul. The soul is where the battle takes place between flesh and spirit. Each day we must choose if we will believe the lies from past messages and programming or the truth that comes from the spirit. We can stay in the soul, trusting in The Tree of Knowledge of Good and Evil, or we can trust the spirit which is united with Christ. You see, it is the lies that “cover our light bulb.”

As we begin to learn more about who we are in our spirit, we may find that we don't know who we are in our soul. God wants to guide you in the discovery of your emotions and show you what you've held on to, or buried within your soul. It is likely that this may be a painful time as God reveals heavy emotions, like anger, grief, or rejection. Your anger may even be directed at God — and that's okay. Admitting how you feel toward God allows you to deal with it, instead of burying it. No matter what your emotions are telling you, God loves you, and He is never threatened by your emotions — even anger directed at Him. Be honest with Him and He will bring healing to the broken places within your soul.

God also wants to deal with shame. The best way is for Him to bring it to the surface and show us our false beliefs and real hurts. Most of the time in that pain, we see ourselves as worthless, as a child of shame. But we must ask God who He says we are. In Him, we are children of honor, the opposite of shame!



Shame tells us to be embarrassed and to keep hiding. But if you are His child, that means you can hold your head up high!

Remember, we have the mind of Christ. He lives within us and we have a new heart.

“Moreover, I will give you a new heart and put a new spirit within you; and I will remove the heart of stone from your flesh and give you a heart of flesh” (Ezekiel 36:26).

The Spirit within us is God, Himself, wanting to guide and direct us through life. The things that get in the way of that are our false beliefs. Not only do we need to know the truth, but we need to really believe it. And when we truly believe the truth of our identity in Christ, no one can take it away from us. When God takes the truth and He makes it yours, it is yours, you can stand on it with every confidence in the world. Yes, doubts will creep in, but that is why we keep renewing our minds with truth.

“And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect” (Romans 12:2).

Agreeing with what God says about us doesn't mean our feelings always line up immediately with His. Hebrews says:

“Let us **labor therefore to enter into that rest**, lest any man fall according to the same example of unbelief” (Hebrews 4:11, KJV).

Labor to enter into rest — that sounds contradictory, doesn't it? Why do we need to labor in order to rest? Well, when we begin to see new truth, quite often our emotions don't line up. Part of the labor is actually making the choice to believe, even when our emotions don't feel it.

At a certain point, our emotions will get caught up with the truth and we won't be laboring to enter that rest anymore. We will be able to just rest. When that is happening, that means our mind has been renewed. Those connecting points in our brain have been reprogrammed and we're walking in the spirit and not the flesh. Being able to express emotions honestly allows us to have an intimate relationship with God and allows God to heal us on an emotional level.

Maybe you have always thought of yourself as God's second choice or felt unloved. But look at this verse in Isaiah:

“Since you are precious in My sight, since you are honored and I love



you, I will give other men in your place and other peoples in exchange for your life” (Isaiah 43:4).

God is saying, “You are honored and loved. You are precious in His sight.” You may not feel it, but believe it! Walking in this truth will change how you do life. You are a child of honor, and nothing you can do will ever change that. And that’s the truth that sets us free. We have the peace of God with us all the time, and as we rest into His presence, that peace is available in every circumstance, no matter what.



HEART WORK

Find a quiet spot to be alone and journal. What is something you’ve learned about your new identity? How does it feel to be a child of honor and no longer a child of shame?

Because I was formerly a Child of Shame, I sometimes feel like I am...

Example

I’m unlovable

I am dirty

I am broken, something is wrong with me

Now because I am a new creation, a Child of Honor I can rest in the fact that I am...

Example

I am loved

I am made clean

I am cherished

I am whole



WRAP-UP & PRAYER

God gave us emotions. He's okay if we get troubled or fearful, He just doesn't want us to live there because He loves us so much. His desire is for us to have peace.

“Peace I leave with you; My peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful”
(John 14:27).

You are the righteousness of God. You are pure, righteous, and holy, and *that is the truth that sets you free.*

Papa, thank You that truth does set us free. Sadly, we are often confused about what we believe. My prayer is that You give us the courage to allow You to uncover our past hurts, disappointments, and false beliefs. We understand that our old beliefs are standing in the way of living from what we know about You and about our new identity. We need You to show us the lies we have believed about You and about ourselves that are causing this lack of intimacy we have in our relationship. Thank You that You love us enough to heal our hurts and set us free.

References:

All Scripture taken from the NASB version of the Bible unless otherwise indicated.



Are you feeling bogged down and tangled up in your circumstances?
It happens so easily in this world. Regardless of where you're at in your journey, Life Untangled wants to help you experience the love and power of God in a truly meaningful way. God sees you and your circumstances, and He longs to heal your wounded soul and lead you to a place of hope. If you would like to speak with someone on our team you can do so by contacting www.lifeuntangled.com/contact-us.

We offer a safe place where you can find hope and help on your journey of healing. Our experienced Christian counseling staff helps you discover God's good intentions for your life, especially when your life feels tangled. We guide men, women, and couples through understanding unwanted behaviors, difficult emotions like anxiety, depression and anger, and most importantly, to experience God's design for victory in life.

You are not alone.

