

Faith on Fridays—Faith and feelings

Faith in Jesus makes up the Mechanics of Life.

Elijah (1 Kings 19:3-5)—*Terrified, Elijah quickly ran for his life. He came to a lone broom bush and collapsed in its shade, wanting in the worst way to be done with it all—to just die: “Enough of this, God! Take my life!”*

David (Psalm 22:1-2)—*My God, my God, why have You abandoned me? Why are You so far away when I groan for help? Every day I call to You, my God, but You do not answer. Every night I lift my voice, but I find no relief.*

Solomon (Ecclesiastes 2:17-20)—*This made me hate life. It was depressing to think that everything in this life is useless, like trying to catch the wind. That’s when I called it quits, gave up on anything that could be hoped for on this earth.”*

Jeremiah (Lamentations 3:20)—*I gave up on life altogether. I said to myself, “This is it. I’m finished.”*

Paul (2 Corinthians 1:8)—*We do not want you to be uninformed about the troubles we experienced in Asia. We were under great pressure, far beyond our ability to endure, so that we despaired of life itself.*

Elijah, David, Solomon, Jeremiah and Paul—these were **heavy hitters** in the realm of faith! **YET**, they experienced and expressed deep emotion! Conclusion: **faith and feelings are not mutually exclusive**. Emotion is part of the original human package. Look at the Model: “Jesus saw Mary weeping, and He saw how the people with her were weeping also; **His heart was touched, and He was deeply moved**. ‘Where have you buried Lazarus?’ He asked them. ‘Come and see, Lord,’ they answered. **Jesus wept**” (John 11:30-33).

“To ignore, repress, or dismiss our feelings is to fail to listen to the stirrings of the Spirit within our emotional life. The gospel portrait of the beloved Child of Abba is that of a man exquisitely attuned to His emotions and uninhibited in expressing them. The Son of Man did not scorn or reject feelings as fickle and unreliable. They were sensitive antennae to which He listened carefully and through which He perceived the will of His Father for congruent speech and action.” –Brennan Manning

Here’s practical advice for balancing faith and feelings: *“Buffeted by the fickle winds of failure, battered by their own unruly emotions, and bruised by rejection and ridicule, authentic disciples may stumble and frequently fall, endure lapses and relapses, get handcuffed to the fleshpots and wander into a far county. Yet, they keep coming back to Jesus”* (Manning). Why? *“Though our feelings come and go, God’s love for us does not.”* –C.S. Lewis

Check back next Friday as we continue our **Faith on Fridays** series.