

Text: Eph:4:22-24; Matthew 4

What does true Christian faith look like? The Christian faith is supposed to be active. It should produce fruit, deep, positive, ongoing change in one's life.

"Emotionally Healthy Spirituality" Thomas Nelson ISBN 978-1-59145-452-6 or "Emotionally Healthy Spirituality A 40 Day Journey" ISBN 978-0-310-34116-1

The first step toward "new life" is to know yourself so that you may know God.

The challenge to shed our old "false self" and to live authentically in our "new true self" strikes at the core of our true spirituality. Ref: John 4:23

Understanding our feelings is the beginning point for understanding who we are, and whose we are.

EIGHT FAMILIES OF EMOTIONS: ANGER---SADNESS---FEAR--ENJOYMENT--LOVE--SURPRISE---DISGUST---SHAME

What happens when we deny our feelings? When we deny our pain, losses, and feelings year after year, we become less and less human.

We are created to be free, not slaves to repressed emotions. We need not doubt! We know! Ref: Romans 8:1,2

We are created in the image and DNA of a God who has emotions.

The call of discipleship includes experiencing our feelings, reflecting upon our feelings, and then thoughtfully and prayerfully responding to our feelings under the Lordship of Jesus.

Emotions are the language of the soul. They are the cry that gives the heart a voice. If we neglect, deny, or distort our intense emotions, we are false to ourselves and lose an opportunity to know God.

There are several masks we wear:

Mask #1 "I am what I do."

Success tempts us to find our worth and value outside of God's inexhaustible free love for us in Jesus.

Mask #2 "I am what I have."

In our culture, and in our family, and we tell ourselves that our worth is tied to our possessions, talents, and applause.

Mask #3 "I am what others think."

True freedom comes when we no longer need to be somebody special in other people's eyes.

There are three things we all need, or need to do to be authentic.

First, we need trusted companions, a help mate or a friend.

Second, we must move out of our comfort zones.

Third, pray for courage. Ref: John 16:24; Romans 15:13

As believers when we seek the Lord and His purpose for us, He will reveal Himself, His plans, and who we are in Christ.