**Can God Meet Emotional Needs? Perception and Performance-Prologue** © 2018 WF Cobb TruthBase.net ***DailyTruthBase.blog***

*Heb 4:14 Seeing we have a great high priest, passed into heavens, Jesus the Son of God, let us hold fast our profession. 15 For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin. 16 Let us come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.* ***Cf Rm 12:1-2***

## I. What is: a Neurological/Biological Drive; an Emotion; Feeling; Emotional Need vs Desire? Mad; Glad; Sad/Bad; Scared

A. Innate drives; lead to constructed emotions (experiences and learned values); expressed as feelings, which shape perceptions; mood

 92 definitions of emotions (dictionary emotions=feelings=emotions); dozens of categorizations; innate/neuro vs acquired/social

B. Neurological but modifiable Drives/Motivations: Survival (self {ego}/species); Move from pain to pleasure; Rlshps; Acquire status/things

Power/(security) Preservation (fight/flight), Propagation (sex/affection), Pleasure. Possessions=significance/status; acquire things/skills

Self-preservation (cx trust) Society/Community/Rlshp (mirror neurons); neuro hardwired for learning empathy, friendship, God!

Values override drives/emotions ie: hunting, honor, defense/sacrifice; minimalism; dieting/exercise; abstinence**/**gratification *1022*

C. **e•mo•tion** An intense mental state that arises subjectively rather than through conscious effort and is often accompanied by physiological changes; a strong feeling. The part of the consciousness that involves feeling; sensibility.-*MS Bookshelf*

"An emotion is a controllable response to a stimulus that passes through a learned value filter and expresses itself thru a learned behavioral filter. An emotion can be positive (life-enhancing) or negative (destructive), godly or sinful."*- BC 1/99*

D. ”What is an emotional need? It is a craving that, when satisfied, leaves you with a feeling of happiness and contentment, and, when unsatisfied, leaves you with a feeling of unhappiness and frustration. There are probably thousands of emotional needs. A need for birthday parties, peanut butter sandwiches, Monday Night Football... Some have them, some don't. “ -*From Harley @ marriagebuilders.com*

"An emotional need, as opposed to a desire, is a perceived lack, which if unmet prevents you from doing the will of God."*- BC 1/99*

E. ”These "personal" needs are intimacy with God, fellowship with other people, and self-worth....we must have unconditional love ~~and acceptance~~, a feeling of being cared for, and a lifestyle that makes an impact on others with good and lasting effects. Our self-worth is enhanced to the extent that those emotions and qualities define our lives. Yet another way of describing these basic needs is that we need a sense of belongingness, an assurance that we are considered worthy by someone important to us, and a feeling that we are useful and competent. When I believe that someone important to me\* wants me and accepts me, I can regard myself as "good," approved, capable, and adequate to deal with daily life, partly to satisfy that person... Security includes being able to regard ourselves as loved, accepted, and cared-for as individuals. Significance involves being able to regard ourselves as important and valuable to others in impacting their lives for good." *- Minirth & Meier, The Healthy Christian Life p 139-143* *\*Is Jesus important to you?*

F. Aristotle: Anger/Calm; Friendship; Fear/Courage; Shame/Confidence; Benevolence/Cruelty; Pity; Indignation; Envy; Love; Appetite

Darwin; Suffering; Joy/love; Reflection; Anger; Disdain/guilt/pride; Surprise/fear; Self-attention/shame

Ekman-photos: Anger-Disgust, Happiness, Sadness, Fear-Surprise (reduced to four by Jack) {notice no Community/Trust/Peace ones}

Plutchik (flower wheel): Fear; Anger; Sad; Joy; Disgust; Surprise; Trust (FAITH); Anticipation (HOPE); LOVE.

Shaver: tree of emotions stemming from: Love; Joy; Surprise; Anger, Sadness, Fear

Robbins six core needs: Certainty - Variety, Significance/Individuality - Love/Connection, Growth, Contribution

Buddhist: Anger=mental unhappiness→abiding dissatisfaction→irritability→proneness to anger. Resentment=long feeling of being treated unjustly/unfairly

**II. Perception and Performance** A. Our Habits (experience) and Values (desires) create expectations, B. ...influencing our perceptions (of reality, and consequent emotions), C. ...determining our performance. D. Peter valued self reliance, security & prestige, drawing his worth from what others thought of him rather than from what God thought of him.

1. Peter’s expectation was that following Christ would result in immediate temporal power (security/significance) (pleasure & possessions) 2. Satan used Peter’s unscriptural expectation (arising from his values and leading to his emotions) to tempt and harm him.a 3. God used Peter’s failure to purify him and prepare him for greater service

**III. As a result of unscriptural expectations** caterpillars endure life defeated, crawling in mud, rather than floating thru the flowers.

A. Pr 29:11 Vent = cause wind/spirit/disposition to go out (Hiphil -causative);   Holds = soothe or still back (Piel-intentional/intensive)

B. Renewing our minds ala Rm 12:1-2 (replacing Satan’s lies with the Holy Spirit’s Truth) results in:

1. Transformed Values - we value what God values (eternal power/pleasure/possessions via faithfulness)

2. Transformed Perspective - we see things as they really are, from an eternal perspective, with God’s priorities

3. Transformed Emotions - we rejoice in everything that brings us closer to God and His purposes for us

4. Transformed Performance - we do what pleases and glorifies God, benefiting Him, ourselves, and others

**Questions for Reflection/Discussion/Response:**

1. Why is it important to be aware of, understand, and control our emotions? How conscious are you of what you're feeling and why?

2. Do you control your emotions, or do they control you? What role do values play in how we feel and act?

3. If emotions arising from distorted values unbalance and give us distorted perceptions of reality, what hope is there for stable growth?

4. How can we identify unhelpful emotions, trace them to their root, and transform them into positive motivation for action?