**Emotions Perception & Performance Prologue B** © 2018 WF Cobb TruthBase.net ***DailyTruthBase.blog***

**I. Prologue-Innate drives**® **constructed emotions** (experiences & learned **values**); expressed as feelings, which shape perceptions; mood

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*

**APP:** Our emotions and feelings are keys to identifying the **values** which skew our perceptions and indicate **values** to transform

**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. Unbiblical expectations...

**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 *(yield; stop, renew, go)* 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 (cf Mt 5-7)

2. Transformed Perspective - we see things as they really are, from an eternal perspective, with God’s priorities (cf Isa 55:8 ways)

3. Transformed Emotions - we rejoice in everything that brings us closer to God and His purposes for us (cf Phil 4:4 in the Lord)

4. Transformed Performance - we do what pleases and glorifies God, benefiting Him, ourselves, and others (cf Phil 2:13-14)

C. Freedom from our past and present experiences/circumstances and continued victory requires knowing/understanding how and why we think/**value**/feel and act as we do. Without inner transformation, we will continue to repeat the same (and new) mistakes that enslave us

Jn 8:31 Jesus..believed Him: If you abide in My word, you are My disciples indeed. 32 And you shall know the truth, and the truth shall make you **free**.

**IV. We're created in the image of the God who has emotions/feelings, with a soul comprised of mind/will/and emotions**

Gen 6:6 The Lord regretted that He made humans...His heart was grieved/deeply troubled. Ex 20:5 I, the Lord...am a jealous God

Jer 30:24. Fierce anger of Lord will not relent until He accomplishes the purposes of His heart

Hos 11:8 How can I hand you over, Israel?.. My heart is overturned/in turmoil within Me; all My compassion is aroused

Mt 26:37 He began to be sorrowful and troubled. Said to them, ‘My soul is overwhelmed with sorrow to the point of death’

Mk 3:5 He looked around them in anger and, deeply distressed at their stubborn hearts, said to the man, ‘Stretch out your hand’

Jn 11:35 Jesus wept   
Lk 10:21 Jesus, full of joy thru the HS…

**V. Loving God with al**l our heart/mind/soul requires an emotional component. We can't know Him fully without understanding emotions

Lk 10:27 'You shall love the LORD your God with all your heart, with all your soul, with all your strength, and with all your mind,' and 'your neighbor as yourself.' 28 And He said to him, "You have answered rightly; do this and you will live."

**VI. Loving our neighbor** as ourself requires a self knowledge and sharing/giving of ourselves, as well as mutual understanding/intimacy.

We can't love or minister to someone we don't know nor understand (especially motivations/drivers and values, and why they see as they do).

Intimacy is fostered and built by a sharing/commonality with another.

If we don't understand ourselves Fi, we just superficially share the insignificant, and thus remain unknown and not understood.

We can't enter into another's world and have real compassion without developing Fe. *For Fi and Fe see MBTI functions*

**VII. We can't control or change our emotions and feelings without understanding how they arise and progress.**

Innate drives® constructed emotions (formed by: experiences & learned values); giving rise to feelings, which shape perceptions (filter that determines how we see/experience the world - cf expectations of the Messiah)

That product of our filtered perception gets expressed thru another filter (again formed by experiences and learned values) which determines what is or is not acceptable/beneficial to express (like getting mad at your boss).

VIII. To change/alter/break an emotional state, we need to stop or get off the train and gain neurological calm (90 seconds) and increase the distance between stimulus and response, then gain/regain perspective. Look up, change physical state, call out to God, focus on breathing, etc

**Question for Reflection/Discussion/Response:**

1. How well do you understand why you think, value, feel, and do as you do? How do your daily actions flow from your purpose on earth?

2. How much time and effort do you invest in evaluating and reprogramming yourself in light of God's perspective and His future judgment?