

Why Faith Over Feelings Matters to God

How are you feeling today?

Are you feeling sad, guilty, mad, hurt, or depressed? Are you trusting your emotions more than trusting God these days? Many people have fallen into that trap.

After all, these are the days that try men's souls. The truth is, emotions can go up or down, east and west, but God never changes no matter how WE feel.

We should not let our emotions lord over us. We should not be controlled by our feelings. That being said, not all emotions are detrimental. God gifted us with emotions so that we can be the full expression of who He created us to be while we are here on this earth. Emotions enrich our lives and make us human.

Emotions are powerful. The power of love is the most important of them all. However, when your emotions prevent you from living life as God intended, it is time to delve deeper into what makes you tick. Doing so will prevent you from being sick mentally, physically or spiritually.

If you are feeling hurt or angry about a situation, instead of letting your emotions get the best of you, leaving the very worst of you for your loved ones, purpose to look at the things that people, places or things may have wronged or hurt you through the eyes of Jesus.

Look at your feelings from His vantage point, seated at the right hand of the Father. From on high, you can see the big picture and your issue begins to shrink and your feelings turn to faith. "We walk by faith, not by sight" 2 Corinthians 5:7

Instead of believing your emotions, purpose to choose what the Bible says. If you fall into despair about anything that the enemy, or life in general, dishes up these days, it means that you aren't trusting God's word enough and you need to course correct. "Do not let your hearts be troubled. Trust in God; trust also in me" (John 14:1).

Even if we feel guilty, God is greater than our feelings, and He knows everything (1 John 3:20). It is important to remember that God's word says wait while our emotions say hurry! Do not let your emotions make your decisions for you.

You must remember to trust God—for no desire or dream, or world's view always has your best interest at heart. Do not trust in your timeframe for many plans made by man in haste fall through.

Trust God and learn His ways again if you have to. Get to know how faith works again if you cannot change God's truth to fit how you feel. If you walk in faith, you will not be moved by feelings. You will recognize them for what they are. They are emotions that are birthed out of your thoughts about a given situation.

God cares about our feelings, they are a very important part of how He designed us. With this in mind, we are welcome to bring our feelings; the good, the bad, and the ugly and lay them at His feet. Conversely, if we live by our emotions and not the "faith factor" we risk cutting off relationships and burning bridges when we feel anxious, embarrassed, hurt, angry, or afraid.

Here is a faith test:

Does what you are currently feeling line up with the word of God? No matter what you are feeling, if it contradicts God's word it doesn't matter how strong those feelings are, you will find that they cannot be trusted.

For a successful and healthier life in all areas, live by God's word and not by your feelings which are forever fickle, shifting and influenced. Trust in the Lord with all your heart, and do not lean to your own understanding. Prov. 3:5

Feelings are nothing more than feelings while faith in God is unchanging, perfect, and eternal. Faith has no feelings—it has the foundation for our Christian walk. {eoa}

Dr. Janet Maccaro has doctorates in both holistic nutrition and natural medicine and is a certified nutritional consultant. She is a member of the American Association of Nutritional Consultants (AANC) and The AAPS (The American Association Of Pharmaceutical Scientists) She is a respected Christian inspirational thought leader and an expert in natural health care education with 14 titles currently in print which include the best seller; *Natural Health Remedies*. 's *Guide To Thyroid Health and How Your Food is Sown & Grown*, *What YOU Need to Know About Glyphosate* are her two latest releases. For three decades, has endeavored to help others with her nutritional knowledge and by the sharing of her faith-filled inspiring words.