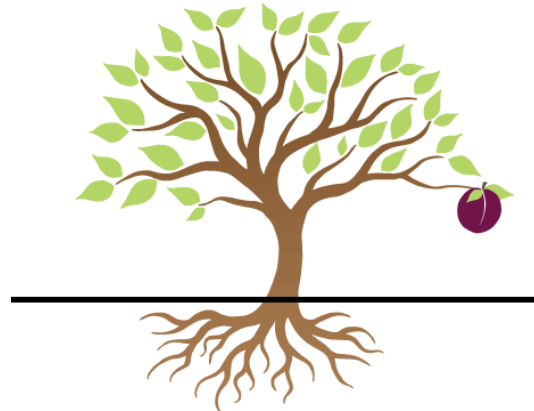


Fruit to Root:

What do Feelings Teach Us?

Luke 6:43-45 "No good tree bears bad fruit, nor does a bad tree bear good fruit. Each tree is recognized by its own fruit. People do not pick figs from thornbushes, or grapes from briars. A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of."

Emotions are a "fruit" in our life
They come from a "root" of beliefs



If we have the courage to look at them, emotions are able to reveal something amazing:
They can show us what we are believing.

Going from Fruit to Root:

Honestly own the Emotion (or Attitude, Thought, or Behavior)

Ask, what does this reveal that I am believing?

What am I believing about myself? }
What am I believing about God (or others) ? } (Even though I may know it is not true)

If we are honest enough, we can see the beliefs we have at that time.

Now (the hard part) allow God's truth to transform our beliefs (little beliefs becoming God-sized beliefs)

What is the truth about who God is?
What is the truth about what God is doing or has done?
What is the truth about who I am?

Emotions do not teach us what truth to believe, but they can show us what we are believing.

The fruit will change on its own when the root is changed. (Galatians 5:22-23)

How can our roots of belief change? Through believing the truth:

Receive God's Spirit of truth in our life
Speak truth to ourselves
Allow others to speak truth to us

Seek out others who can gently help in this process

Be trustworthy, understanding people (We all have unbelief)

We can allow God to reinterpret the past

Psalm 42:5

Why, my soul, are you downcast?
Why so disturbed within me?
Put your hope in God,
for I will yet praise him,
my Savior and my God.

Mark 4:40 He said to his disciples, "Why are you so afraid? Do you still have no faith?"