

“Mama Bear Apologetics”

Chapter 10

XI. Chapter 10 - Follow your Heart-It Never Lies

Emotionalism: “. . .refers to replacing our God-given reasoning faculties with emotion.” “Well informed emotions can strengthen your grasp on truth. When disciplined by Scripture, reason, and reality, emotions are powerful enforcers.”

“The heart is deceitful above all things and beyond cure. Who can understand it?” Jeremiah 17:9

A. RECOGNIZE the Message:

1. Assumptions of Emotionalism
 - a. I cannot choose or control my emotions
 - b. Negative emotions are harmful
 - c. We must change reality to protect our emotions
2. The Packaging of Emotionalism
 - a. Trigger warnings
 - b. Follow your heart
 - c. I’m offended

B. OFFER Discernment: “We cannot throw out the truths that emotions are real; important, and aren't going away. Nor should we underestimate the ways they can reinforce truth.”

1. Lie #1: If I Feel It, It’s True
2. Lie #2: My Feelings Are Your Responsibility
3. Lie #3: To Endure Emotional; Distress Is to Endure Injustice

C. ARGUE for a Healthier Approach: “We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.” 2 Corinthians 10:5

Important messages we need to teach our children

1. We have some control over our emotions
2. Praise emotions when they align with the truth

D. REINFORCE Through Discussion, Discipleship, and Prayer:

1. Teach your kids about emotions
2. Teach your kids to identify their emotions
3. Equip your kids to make right decisions