

# Feelings are not Facts

## 1. The Process by which Feelings become Strongholds

I **feel** unloved, unacceptable, unworthy, or inadequate because I **FEEL** that way.

I **believe** I am unloved, unacceptable, unworthy, or inadequate because I **FEEL** and now **BELIEVE** that what I am feeling and acting reflects my true identity.

I **act** unloved, unacceptable unworthy or inadequate because I **FEEL** and therefore **ACT** that way.

I make it a **FACT** in my belief system by agreeing with my feelings, beliefs, and actions. It is a **LIE** if what you feel does not agree with God.

When beliefs, feelings, and actions are all lined up with a lie(s), it is a **STRONGHOLD**.

## 2. Feelings are Feelings; not Facts

Since feelings are not facts, how is it possible to change our feelings to line up with God's truth (fact)?

First, you need to know that your feelings are neither good nor bad. Your feelings are only a reflection of what you believe and your thought patterns. Thoughts (not feelings) alone possess the quality of being true or false. If feelings reflect a lie about us, they do so because of an incorrect or deceptive belief or thought. Habitual lying feelings indicate an erroneous belief system.

## 3. Aligning Your Feelings with Facts (Truth)

The way to "control" your feelings is by "controlling" your thoughts. The way to control your thoughts is by choosing as an act of your will to set your mind solidly upon facts (Scriptural truth). It is a fact that God loves you. Because God loves you (fact), you choose to believe it is true. It is God's Word. You start to act as if it is true by receiving and giving love to yourself and others.

Since your thoughts influence your feelings, keep your thoughts upon God's truth, and you will progressively recognize when your feelings are not facts. You do not have to believe or agree with your feelings. (2 Cor 10:5) By choosing your thoughts (action) and having a growing knowledge of who you are in Christ, you will stop being controlled by your feelings.

### Walk by Faith

- 1<sup>st</sup> Hear the truth
- 2<sup>nd</sup> Believe the truth
- 3<sup>rd</sup> Act on the truth
- 4<sup>th</sup> Feelings catch up with the truth

### Upside Down Faith (Unbelief)

- 4<sup>th</sup> Want your feelings to change
- 3<sup>rd</sup> Then you will act on the truth
- 2<sup>nd</sup> Then you will believe
- 1<sup>st</sup> What you heard

**THE TRUTH IS WHAT GOD SAYS, REGARDLESS OF HOW YOU FEEL!**

### What to do with emotions? R E E D

1. **R**ecognize what you are feeling is an emotion.
2. **E**xpress your feelings to God. (Heb 4:15)
3. **E**valuate them in light of God's word (truth).
4. **D**ecide to take that thought captive to the obedience of Christ. (2 Cor 10:5)