

Feelings are Not Facts (Overcoming Doubts)

For we walk by faith, not by sight; we are of good courage. 2 Corinthians 5:7-8

Knowing God's truth but not consistently feeling it can be frustrating. The problem with our feelings is they are fickle, temporal, and underwritten by our lies. Feelings spring from beliefs or thought patterns, which motivate our actions. Walking by faith when our feelings go south and the truth points north is hard. We might be tempted to agree with lying feelings if we do not understand beliefs create feelings and influence our actions.

- I **believe** I am unloved, unacceptable, unworthy, or inadequate because of my feelings.
- I **feel** unloved, unacceptable, unworthy, or inadequate.
- I **act** unloved, unacceptable, unworthy, or inadequate because of what I believe.

Feelings are Emotions, not Facts

First, acknowledge that feelings are neither good nor bad. They are indicators. The birthplace of feelings is our subconscious beliefs and conscious meditations. Beliefs and thoughts (not feelings) possess the quality of being true or false. If feelings reflect a lie, they do so because of a lie-based belief or thought. Feelings that are consistently lie-based indicate an erroneous belief system. Once you learn your core lies and God's truth, you can walk by faith despite lie-based feelings.

Aligning Your Thoughts with Facts (Truth)

Since feelings are not facts, how can we change our feelings to align with God's truth? **You do not have to believe or agree with your feelings.** The way to change your feelings is to choose your thoughts. Since beliefs and thoughts instigate our feelings, keep your thoughts upon God's truth, and you will progressively recognize when your feelings are not facts. By choosing faith-based thoughts and actions, the Spirit will exchange your thoughts for the truth, heal your emotions, and cause you to walk in God's righteousness. Because God loves you (fact), choose to believe it is true. Then, walk by faith, receiving and giving love to yourself and others.

**Align your thoughts with the truth, God's facts.
God's word is the truth, regardless of how you feel or act.**

Walk by Faith

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



Upside Down Faith

- 4th Want new feelings before believing the truth
- 3rd Then they will act on the truth
- 2nd Then I will believe the truth
- 1st That I heard

What to do with emotions? R E E D

1. **R** Recognize and label the feeling and the lie that fueled it. (*I feel unloved. I am not lovable.*)
2. **E** Express your feelings to God. (Hebrews 4:15)
3. **E** Exchange the lie for the truth in prayer. (Hebrews 4:16)
4. **D** Decide to take thoughts captive to the obedience of Christ. (2 Corinthians 10:5)