

# Soul Searching Our Emotions

*From the Series*

## HEALING RAIN

**“The thoughts and feelings combined make up the moral character.”** {*In Heavenly Places, pg. 164*}

**“You are not to examine your feelings and put any dependence upon your emotions, for they may be as varied as the wind,** but take to your heart this one promise and you will find it a passport to all the rich treasures of heaven. You are precious to the heart of Christ and He speaks, saying unto you, "Come unto Me, all ye that labour and are heavy laden, and I will give you rest" (Matthew 11:28). There is no perhaps or maybe about this promise. {*Manuscript Releases, Vol. 10, pg. 175*}

“It is in mercy that the Lord reveals to men their hidden defects. **He would have them critically examine the complicated emotions and motives of their own hearts, and detect that which is wrong, and modify their dispositions, and refine their manners. God would have his servants become acquainted with their own hearts.** In order to bring to them a true knowledge of their condition, he permits the fire of affliction to assail them, so that they may be purified. The trials of life are God's workmen to remove the impurities, infirmities, and roughness from our characters, and fit them for the society of pure, heavenly angels in glory.” {*Review & Herald, April 10, 1894 par. 11*}

**“If the thoughts are wrong the feelings will be wrong,** and the thoughts and feelings combined make up the moral character.” {*Testimonies, Vol. 5, pg. 310*}

**“There need to be far more lessons in the ministry of the Word of true conversion than of the arguments of the doctrines, for it is far easier and more natural for**

**the heart that is not under the control of the Spirit of Christ to choose doctrinal subjects rather than the practical. There are many Christless discourses given, no more acceptable to God than was the offering of Cain. They are not in harmony with God.”** {*17 Manuscript Releases p 143*}

**“One well-ordered, well-disciplined family tells more in behalf of Christianity than all the sermons that can be preached.** Such a family gives evidence that the parents have been successful in following God's directions, and that their children will serve Him in the church...The whole family is engaged in the service of the Master; and by their godly example, others are inspired to be faithful and true to God in dealing with His flock, His beautiful flock.” {*Adventist Home, pg. 32*}

“They are surprised and disappointed to see **His eyes fill with tears,** and **His body rock to and fro like a tree before the tempest, while a wail of anguish bursts from His quivering lips, as if from the depths of a broken heart.** What a sight was this for angels to behold! their loved Commander in an agony of tears!...In the midst of a scene of rejoicing, where all were paying Him homage, Israel's King was in tears; not silent tears of gladness, but tears and groans of insuppressible agony.” {*Desire of Ages, pgs. 575-576*}

“The plan of salvation is glorified before us, and **the thought of Calvary awakens living and sacred emotions in our hearts.**” {*Desire of Ages, pg. 661*}

**Case Scenario:** You have a friend named Emma from Church, who has shared with you that she doesn't have any good relationships with her family or friends. She has also gone back to her old addictions that she had given up, when she had gotten baptized. She once shared with you that her parents got divorced when she was just 8 years old and it has seriously affected her. One day after Church potluck, she opened up to you and asked you for help. What do you do?