

## I MUST LIVE BY THE BIBLE, NOT BY MY FEELINGS (IMPRESSIONS)

**Big question: Do you live by your feelings or by the Bible?**

- Did you *feel* like getting up this morning, reading and praying, shopping, doing the dishes, and cleaning the house?
- I do not *feel* that God is hearing my prayers.

There is much that people do not feel like doing or what God asks them to do

- I will do it *once I feel like (impression) doing it*.
- How many times have you heard: “I did not feel like doing \_\_\_\_\_.”

### THERE ARE ONLY TWO WAYS TO LIVE THE CHRISTIAN LIFE.

- One says, 'I will live **by feelings and impressions**';
- The other says, 'I will live according to the Word of God.'

Although we should not and cannot run from our feelings ⇨ real ↓

We Can Prevent Them From Controlling Our Lives.

Not always reliable

⇨ Living according to feelings is a **great hindrance** ⇨ to godliness that you, as a believer, will face. Martin Luther put it this way.

PRAY

Feelings come and feelings go  
And feelings are deceiving  
My warrant is the Word of God  
Naught else is worth believing

~~Though all my heart should feel condemned  
For want of some sweet token,  
There is One greater than my heart  
Whose Word cannot be broken~~

I will trust in God's unchanging Word  
Till soul and body sever  
For, though all things shall pass away  
His Word shall stand forever

**Faith Over Feelings: Building Life on God's Word** Mt 7:24–27; 2 Tim 3:16–17; Psa 119:105; 2 Cor 5:7

### I. TWO WAYS TO LIVE (WORD VS. FEELINGS)

- **2 Cor 5:7** Walk by faith, not by sight
- **Prov 28:26; Jer 17:9** Don't trust your heart as the final authority.
- **Rom 12:2** The mind shaped by the Word is transformed ().

**Illustration:** Feelings are a thermometer\* (they report),  
Scripture is the thermostat\* (it sets the course).

**1 Jn 3:20** Feelings are changeable and can accuse or excuse wrongly.

- **Heb 4:12** The Word discerns thoughts and intents
- **Gal 5:16–17** The flesh pulls one way, the Spirit another

We acknowledge emotions honestly, then submit them to God's truth

## III. FIVE PRACTICES FOR REGARDING FEELINGS

**1. I WILL FOLLOW the Word of God, not my feelings.**

Lamp to my feet (**Ps 119:105**); “Man shall not live by bread alone” **Mt 4:4**

Action: **Before any big choice**, think of one verse to govern it.

**2. I WILL BE CONTROLLED by the Word of God.**

Let the word of Christ dwell in you **Col 3:16**; be filled with the Spirit **Eph 5:18**

Action: **REPLACE** “How do I feel?” with “What does the text say?”

**3. I WILL SEEK WISDOM, not an impression.**

Ask God for wisdom (**Jam 1:5**); wisdom is pure, peaceable... (**Jam 3:17**); multitude of counselors (**Prov 11:14**).

Action: Run impressions through counsel and Scripture.

Never let an opinion, feeling or discouragement outrank the Bible

**4. I WILL LEARN TO DO BY DOING, not by feeling.**

Illustration: Eve

By reason of use our senses are exercised (**Heb 5:14**); be doers of the Word **Jas 1:22**; “If you know... blessed are you if you do them” (**Jn 13:17**).

Action: Obedience steps: small, daily, repeated.

## 5. I WILL NOT EQUATE / REPLACE IMPRESSIONS with the Word of God.

Test all things; hold fast what is good **1 Thes 5:21**; test the spirits **1 Jn 4:1**;  
Bereans searched the Scriptures (**Acts 17:11**).

**Action: Label clearly — “impression,” “advice,” or “Scripture.”**

### IV. JESUS: HONEST FEELINGS, HOLY OBEDIENCE

- He felt real anguish yet prayed, “Not My will, but Yours be done” (**Luke 22:42**).
- He sympathizes with our weakness (**Heb 4:15**) and teaches us the pattern: feel honestly; obey fully (**John 6:38**).

**Illustration: Sailing — winds (feelings) change;  
the keel and rudder (Scripture and the Spirit) KEEP THE COURSE**

### V. A SIMPLE PLAN WHEN EMOTIONS SURGE — **P.A.U.S.E.**

**Pray:** “Lord, here is what I feel...” (**Phil 4:6–7**).

**Assess:** Name it **Ps 42:5**. Are you **HALT** (Hungry, Angry, Lonely, Tired)?

**Unpack truth:** Which verses that speak to this (**Prov 3:5–6; Rom 8:1**).

**Seek counsel:** Text a wise believer (**Prov 11:14**).

**Execute obedience:** Do the next right thing now (**Jam 4:17; John 14:15**).

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### **Applications** (simple and concrete)

1. 7-Day Word-First Challenge: Before checking phone, read one Psalm/Proverb; write one action.
2. Feeling-to-Truth Journal: Left column “I feel...,” right column “God says...” with a verse.

3. Impression Filter: No major decision without (a) text of Scripture, (b) prayer, (c) counsel.
4. Practice Reps: Choose one repeated obedience where you usually “wait to feel it” (apology, prayer, serving). Do it daily for 21 days.

Memory Verses 2 Cor 5:7; Psalm 119:105; Prov 3:5–6.

### **Small-Group Questions**

1. Where do feelings most often lead your decisions?  
What verse speaks to that spot?
2. Share a time when obedience came before the feeling  
— what changed afterward?
3. Which P.A.U.S.E. step do you skip most?  
How will you practice it this week?
4. Who will be your “wisdom check” for impressions?

### **Closing Call**

**Matt 7:24–25** Build on the rock of Jesus’ words

**Feel deeply. Obey clearly. Let the Word set the course.**

When we are not sure what to do, what are we to do? **Jam 1:5; Prov 1:7**  
We are to pray for wisdom ⇨ not an impression: There is a difference.  
An impression is feelings-based.

Impression (feelings) can be right or wrong, lasting or transient.  
Identifying the source of a feeling (impression) can be tricky.

**Jer. 17:9** Feelings can lie to us, which is why we need to correct them  
with the truth of Scripture.

~~***Are you not a hypocrite*** if you do something you did not feel like doing?~~  
~~Not if you do not let people think you wanted to do it.~~