

**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**  $\Rightarrow$  real  $\downarrow$ **We Can Prevent Them From Controlling Our Lives.**

Not always reliable

$\Rightarrow$  Living according to feelings is a **great hindrance**  $\Rightarrow$  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**).

#### 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.~~