

I. Introduction

- A. Welcome to week seven in our series called Can You Feel It? We're talking about God's Wisdom on Human Emotions. Our topic for today is why do I feel lousy?
- B. I'll get to that in a minute, but first, I'd like to say thank you to Ken and Jon and Todd for filling in for the last three weekends.
- C. And I also want to say thank you to everybody who prayed for me as I spoke in Louisville. It was an awesome experience to minister to 1,700 pastors and missionaries. We are part of a family of churches called the Christian and Missionary Alliance. Every other year, our leaders gather for planning and inspiration and relationships. And I was honored to be one of the speakers. We'll link to that talk on our website, but it was really well received, and nobody threw stuff at me, so let's call it good.
- D. I really felt your prayers, and I had an unusual amount of liberty as I spoke. So thank you.

II. Text

- A. Now, let's look at our key Bible verse today:
 - 1. *For the creation was subjected to futility, not willingly, but because of Him who subjected it in hope; because the creation itself also will be delivered from the bondage of corruption into the glorious liberty of the children of God. For we know that the whole creation groans and labors with birth pangs together until now. Not only that, but we also who have the first fruits of the Spirit, even we ourselves groan within ourselves, eagerly waiting for the adoption, the redemption of our body.* Romans 8:20-23, NKJV.
- B. Now, I know that's a really complicated paragraph from the Bible, so we're going to focus on one verse:
 - 1. *Because the creation itself also will be delivered from the bondage of corruption into the glorious liberty of the children of God.* Romans 8:21, NKJV.

III. Feelings Gone Haywire

- A. God made you emotional—an emotional person. Yes, you think, analyze, and plan, but after all of that, most of the time, we follow our gut instinct. We are emotional people because of God.
- B. He gave you emotions to increase your capacity for life. He gave you emotions so you could bond and attach with people you love. And He gave you emotions so you could be motivated to holy actions. Remember, emotions are called emotions because they evoke motion, right?
- C. So here we are a bunch of emotional people and that makes it really tough when our emotions go haywire.
- D. Emotions do go haywire, don't they? Is there anybody in your life who sometimes struggles emotionally? Here are some statistics:
 - 1. Depression
 - a) Depressive disorders affect approximately 18.8 million American adults or about 9.5% of the U.S. population age 18 and older in a given year.
 - b) Everyone will at some time in their life be affected by depression—their own or someone else's, according to Australian Government statistics.
 - c) Preschoolers are the fastest-growing market for antidepressants. At least four percent of preschoolers—over a million—are clinically depressed.
 - d) The rate of increase of depression among children is an astounding 23% per year.
 - e) 30% of women are depressed. Men's figures were previously thought to be half that of women, but new estimates are higher.
 - (1) [Source: http://www.upliftprogram.com/depression_stats.html]
 - 2. Anger (the best statistics come from England...)
 - a) 45% of us regularly lose our temper at work.
 - b) 64% working in an office have had office rage.
 - c) 27% of nurses have been attacked at work.
 - d) 33% of people are not on speaking terms with their neighbors.
 - e) 1 in 20 of people had a fight with the person living next door.
 - f) More than 80% of drivers say they have been involved in road rage incidents;
 - g) 25% have committed an act of road rage themselves.
 - (1) [Source: British Institute of Anger Management http://www.biam.org.uk/index.php?option=com_content&task=view&id=18&Itemid=9]
- E. I could go on about stress, anxiety, fear, worry. We are emotional people, and our emotions go haywire, and we have to understand why. Why does depression mess with us? Anger? Stress? Anxiety? Why do I feel lousy?
- F. And this is such an important question, because how you define the problem, determines how you define the remedy.
- G. There are a whole lot of reasons why our emotions can be damaged: stress, trauma, abuse, loss, abandonment—the list just keeps going.
- H. Those are important reasons. They are real. They are authentic. And they are crucial if we're going to heal our damaged emotions.
- I. But none of those really goes to the core reason why we feel lousy. And if we are only dealing with our emotions on the level of stress, trauma, abuse, loss, and abandonment, I'm afraid that we're only going to have partial solutions.
- J. The deepest, most profound reason why we feel lousy goes all the back to the dawn of the human race and the Garden of Eden.
- K. And I want to give you three words—the three R's—to understand the root of all emotional problems.
- L. The first R is:

IV. Ruin

- A. Ruin. God made perfect people and set them in a perfect environment. Every day, God came down and hung out with Adam and Eve. They had face to face community. Face to face fellowship between humans and God in the incredible Garden of Eden.
- B. In that perfect environment, God issues exactly one law: don't eat the fruit of that one tree over there, the tree of the knowledge of good and evil.
- C. And with that law, He gave a warning. God said,
1. *But of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die.* Genesis 2:17, NKJV.
- D. It's important to understand that the word "die" occurs twice in the original Hebrew. Dying, you shall die. On the day you eat that fruit, you will begin a process of death (spiritual death) that results in a final death (physical death, leading to eternal death).
- E. That was the warning.
- F. What would you have done? Don't be so quick to answer, though.
- G. Here are two people with total freedom, complete provision—they had a garden, and they didn't even have to pull weeds out of it. No sickness. No pain. No sadness. No death. Just a man, a woman, the animals, and God. And they got to run around naked, which apparently, was no problem back then.
- H. They could eat any fruit, from any tree, any time they wanted. Thousands of trees, but there's that one there that's off limits.
- I. What would you have done?
1. I read some time ago about a hotel that had a restaurant right on a lake front, and a balcony above the restaurant. The restaurant's windows came right up to the water with big plate glass windows and a balcony above them.
 2. A beautiful place and no problems, but then one day, the manager worried that people might start fishing from the balcony above. And maybe their lures would crash into the windows below and break them.
 3. So, even though he never had problems with people fishing off the balcony, he put up signs: NO FISHING FROM THE BALCONY.
 4. What do you think happened? People started fishing from the balcony.
- J. And here are Adam and Eve with tons of freedom. A whole world to enjoy and there's that one tree over there that's off limits.
- K. Enter the devil.
1. *Now the serpent was more cunning than any beast of the field which the LORD God had made. And he said to the woman, "Has God indeed said, 'You shall not eat of every tree of the garden?'"* Genesis 3:1, NKJV.
- L. Notice this: the devil attacks the Word of God. "Has God indeed said...?" Did God really say that? If the devil can make us move one inch away from God's Word, he has us where he wants us. Check out Eve's answer:
1. *And the woman said to the serpent, "We may eat the fruit of the trees of the garden; but of the fruit of the tree which is in the midst of the garden, God has said, 'You shall not eat it, nor shall you touch it, lest you die.'"* Genesis 3:2-3, NKJV.
- M. Eve got it right except for one line, and that one line that she got wrong is a fatal mistake. God told them not to eat it. But she said they couldn't eat it or touch it! That's the first example of legalism in human history—adding requirements to God's requirements. She adds to God's Word.
- N. And that makes the devil feel really good about flat out contradicting God's Word:
1. *Then the serpent said to the woman, "You will not surely die. For God knows that in the day you eat of it your eyes will be opened, and you will be like God, knowing good and evil."* Genesis 3:4-5, NKJV.
- O. The devil says that the only reason God gave you a command is because he wants to keep you down, and wreck your fun. Ever hear that one before?
- P. So here he is, tempting Eve, and questioning God and what happens?
1. *So when the woman saw that the tree was good for food, that it was pleasant to the eyes, and a tree desirable to make one wise, she took of its fruit and ate. She also gave to her husband with her, and he ate.* Genesis 3:6, NKJV.
- Q. God warned them: on the day you eat that fruit, dying, you shall die. And that is exactly what happened.
- R. Theology experts have a term for this event. It is called the Fall (with a capital F). The Fall. Listen to one old time theology expert describe the Fall:
1. "Hence no sooner had Eve herself sinned than she sought to draw her husband into the same snare. Adam, however, was not deceived as she had been. He followed her example, but it was with his eyes open. Forgetful of God and His authority and His law, he looked only at the beautiful and smiling image, and listened only to the horrid words of the fair but fallen partner of his life. Then he was drawn to follow her example and to partake of her sin. Then was man's first disobedience complete. Then was the ruin of our race accomplished. Then was the covenant broken and the curse incurred. Then was the image of God in man blotted and defaced. Then was discord produced between earth and heaven. Then did the [shady gardens] of Paradise, a moment before the abodes of stainless innocence, become the sorrowful scenes of guilt and passion and shame." [Lindsay Alexander, System of Biblical Theology, vol. 1, pp. 195-6. 1888].
- S. When Adam sinned, the lights went out for the whole human race. When sin came galloping into the world, death came riding on its back. (Read Rom 5:12-17.)
- T. Adam and Eve began dying. For the first time ever, they felt alienated from God. They hid from God.
- U. The Fall changed everything.

1. It changed their status: they were now under the curse of death.
 2. It corrupted their nature: and this brings it all back home to our emotions. The Fall shattered our core nature. It crippled our body, soul, and spirit. It damaged our mind, will, and emotions.
 - a) We can't think like Adam and Eve before the Fall.
 - b) We can't feel like Adam and Eve before the Fall.
 - c) We can't decide or love or run or jump or feel happiness like Adam and Eve before the Fall.
- V. And here's the connection with you: **EVERY HUMAN SINCE ADAM AND EVE HAS COME INTO THE WORLD WITH THE EXACT SAME MORAL PROFILE AS ADAM AFTER HIS FALL:**
1. Our status is guilty.
 2. Our nature (or being or person) is corrupted.
- W. Sin is like a virus that we let in, and once it got in, it moved into every part of our being. The Bible teaches something called "Total Depravity." This doesn't mean that there's nothing good in us; it means that even the good in us is warped.
1. Total depravity means that every aspect of our being has been warped by sin and we are by nature inclined toward sin from the very beginning of life.
- X. I know this is theological, but you will never have a foundation for emotional healing until you understand it. Wanna know why you feel lousy?
1. You feel lousy because you are a fallen member of a fallen race, living in a fallen world and you will never feel the way God designed you to feel until **THAT GETS FIXED**.
 - a) There is no drug to cure total depravity.
 - b) There is no therapy.
 - c) There is no amount of counseling.
 - d) You can't run from it through alcohol or drugs or sex or porn.
 - e) You can't spend your way out of it with money.
 - f) You can't earn your way out of it with religion or good deeds or self-sacrifice.
- Y. That's why our Bible verse for today says we are "in the bondage of corruption." Bondage. Locked in. Can't get out. This is the ruin of the human race. Aren't you glad you came to church today?
- Z. Ruin, is the first R. The last two R's come faster.
- V. Redemption
- A. When Adam and Eve sinned, God came down to visit them. But what were they doing? They were hiding. And they had covered their nakedness with fig leaves. No living, breathing, thinking beings were harmed during the production of their fig-leaf loin-cloths.
 - B. They were ashamed, for the first time ever. They felt condemned and embarrassed and messed up.
 - C. They had issues. They were emotionally damaged.
 - D. So what did God do for them?
 1. *Also for Adam and his wife the LORD God made tunics of skin, and clothed them.*
Genesis 3:21, NKJV.
 - E. Question: where did He get the skins to clothe Adam and Eve? He had to kill an animal, for their sakes. And this is the first recorded sacrifice in the whole Bible. And in it, God gave an enduring symbol of what it would take to drag our depraved souls back to him.
 - F. Death for death
 - G. For thousands of years, God's people preserved this memory through the sacrifice of animals. And they learned an incredible lesson:
 1. God was willing to accept the death of a substitute in place of the death of the sinner.
 - H. And one day, the substitute came. His name was Jesus, and He died on the Cross. And what a death it was! Unlike any other death, the torture was unbearable. The pain was excruciating. And when they nailed Jesus to the Cross, they didn't understand what they were doing—Crucifying the Son of God.
 - I. And there He hung between heaven and earth, bleeding, and dying. Why?
 1. *Surely He has borne our griefs and carried our sorrows; yet we esteemed Him stricken, smitten by God, and afflicted. But He was wounded for our transgressions, He was bruised for our iniquities; the chastisement for our peace was upon Him, and by His stripes we are healed.*
Isaiah 53:4, 5, NKJV.
 - J. Some people say Jesus died as a political martyr—it was between Jesus and the Roman government.
 - K. Some people say Jesus died as a religious example—it was between Jesus and the religious leaders of his day.
 - L. Some people say Jesus died just to please God—we esteemed Him stricken, smitten by God.
 - M. But the Bible says that His death wasn't just about God, or religious leaders, or the Roman Government.
 - N. It was **ABOUT YOU**.
 1. He was wounded for your transgressions.
 2. He was bruised for your iniquities.
 3. The chastisement (punishment) for your peace (reconciliation with God) was upon Him!
 4. By His stripes (floggings, beatings, and suffering) **YOU ARE HEALED**.
 - O. It was about **YOU**. His death was about you!
 - P. He was thinking of you!
 - Q. He was dying for you.
 - R. I do not know your background, or how you were raised, or what you think of Jesus today.

- S. I don't know all your psychological problems, financial problems, health problems, marital problems, children's problems, dating problems, educational problems, or church problems.
- T. I don't know how badly your emotions have been damaged. I don't know how nuts you are, and I am glad. I don't know all your problems.
- U. But I do know the problem behind every problem:
1. You are a fallen member of a fallen race living in a fallen world.
- V. The first R: RUIN. That is your core problem.
- W. And the second R: REDEMPTION—that provides the solution!
- X. By His suffering you are healed. Jesus died for you. He received your sins, so you could receive His wholeness.
- Y. We love Jesus for all that He did. His life was incredible. His love was matchless. His teaching was life-changing. His character was ideal. His courage, His generosity, His grace—awesome.
- Z. But none of that redeemed us. It was His death. It was His Cross. He was His crucifixion. You are redeemed with the precious blood of Christ.
- AA. Why?
- BB. BECAUSE THE DEATH OF CHRIST REVERSES THE EFFECTS OF THE FALL.
- CC. That's why. His death erases your guilt. And it reverses your corruption. His death reconciles messed up sinners to a holy God.
1. And that means that the craziest person in this room can be made whole.
 2. And the saddest person can be comforted.
 3. And the guiltiest person can be forgiven.
 4. And the loneliest person can be loved.
 5. And the most wounded person can be healed.
 6. And the angriest person can have peace.
 7. And the most frightened person can be secure.
- DD. Because we have a Savior Who heals the broken hearted.
1. And comforts the afflicted.
 2. And lifts up the fallen.
 3. And understands the suffering.
 4. And feels pain.
- EE. That is my Savior Jesus. And His salvation is the platform for all your healing. I'm not saying He'll fix you up in one day; He won't. But He'll get you started. And he'll strengthen you every day of your life till you meet Him face to face.
- FF. And when that happens, here is God's promise for that day:
1. *And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away.* Rev 21:4, NKJV.
- GG. Emotional damage is the price we pay for living away from God, outside of heaven.
- HH. But we can get started on our healing.
- II. Jesus redeemed you. And He paid in full.
- JJ. And you don't earn it, create it, perform it, or deserve it.
- KK. You have to make it your own, and you do that by faith and that is our third R. And I'm going to wrap it up:

VI. REGENERATION

- A. To be regenerated means to be born again into God's family. You are not God's child, you become God's child.
- B. Jesus said, **YOU MUST BE BORN AGAIN.** You must be regenerated. How do you become God's child?
1. *But as many as received Him, to them He gave the right to become children of God, to those who believe in His name:* John 1:12, NKJV.
- C. And I have to ask you... have you? Have you ever received Jesus?
- D. I'm not asking you if you joined the church. I'm not asking you if you stopped sleeping around. I'm not asking you if you've become a better person.
- E. I'm asking you, have you received Jesus? He is alive, and wants to live in you and through you!
- F. Why do you feel so lousy? You are a fallen member of a fallen race. You need a Redeemer.
- G. And you can have one. And He will move into you and clean house. He will do it. He will do in you what a lifetime of self-medication can't do.
- H. Have you received him? Right here. Right now. Today. You can have Him. And I want to give the chance to do that, right now.