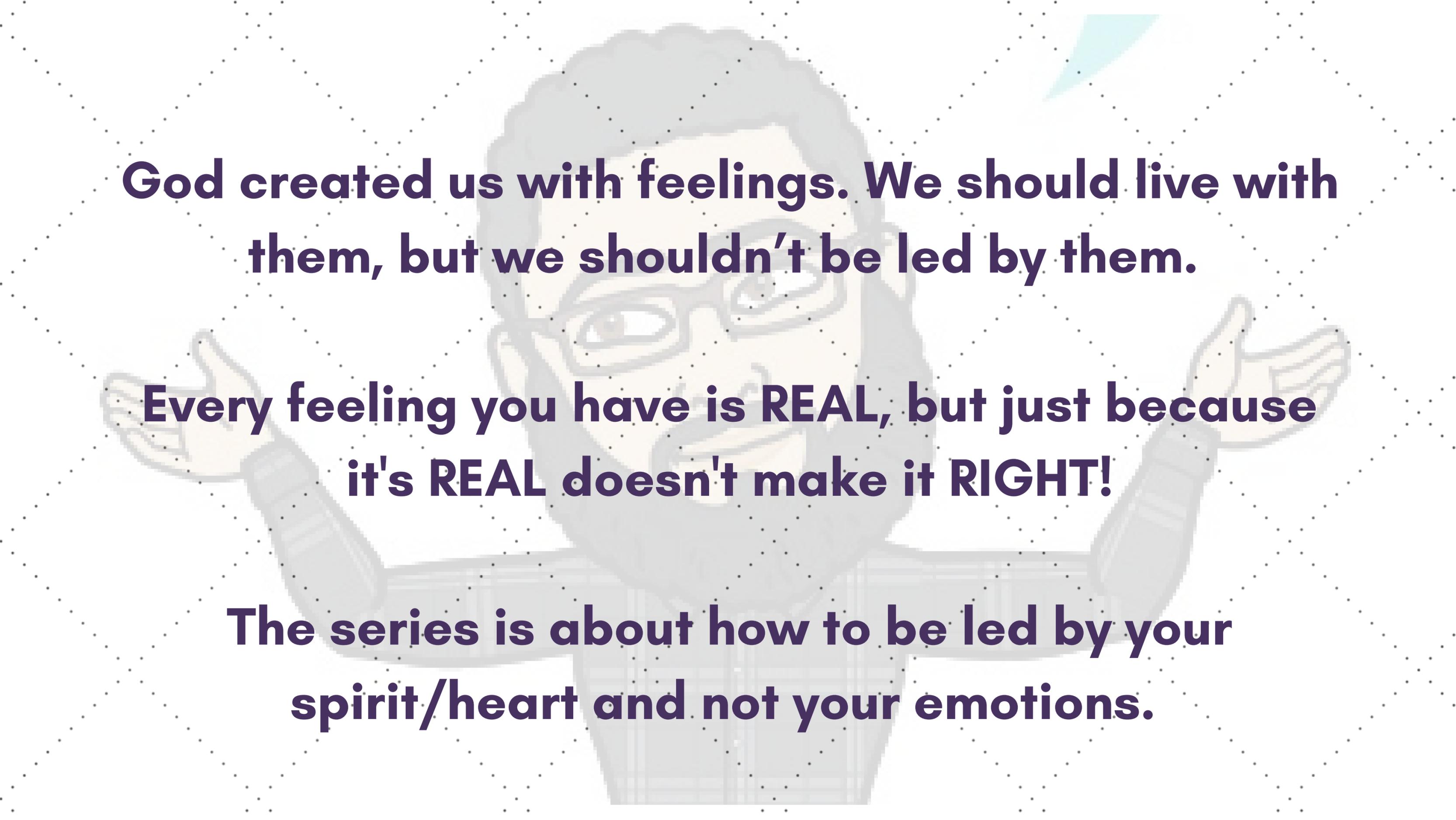


**SERMON TITLE:**  
**WHAT'S REALLY GOING ON?!?!**





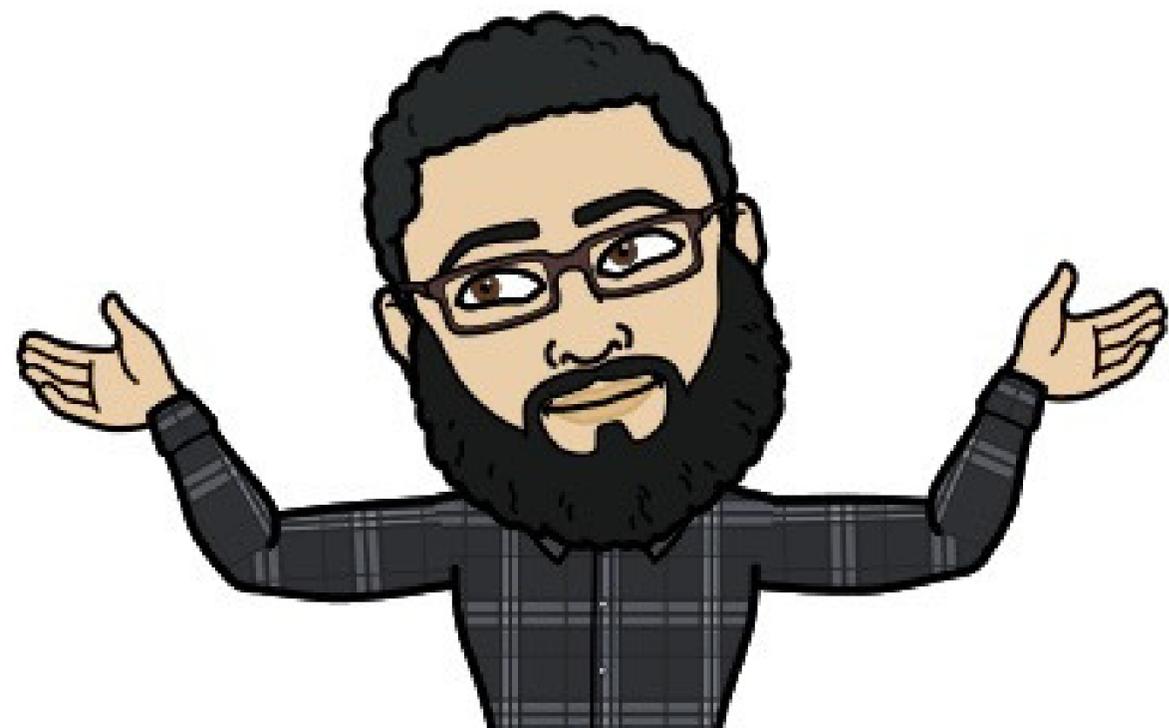
**God created us with feelings. We should live with them, but we shouldn't be led by them.**

**Every feeling you have is REAL, but just because it's REAL doesn't make it RIGHT!**

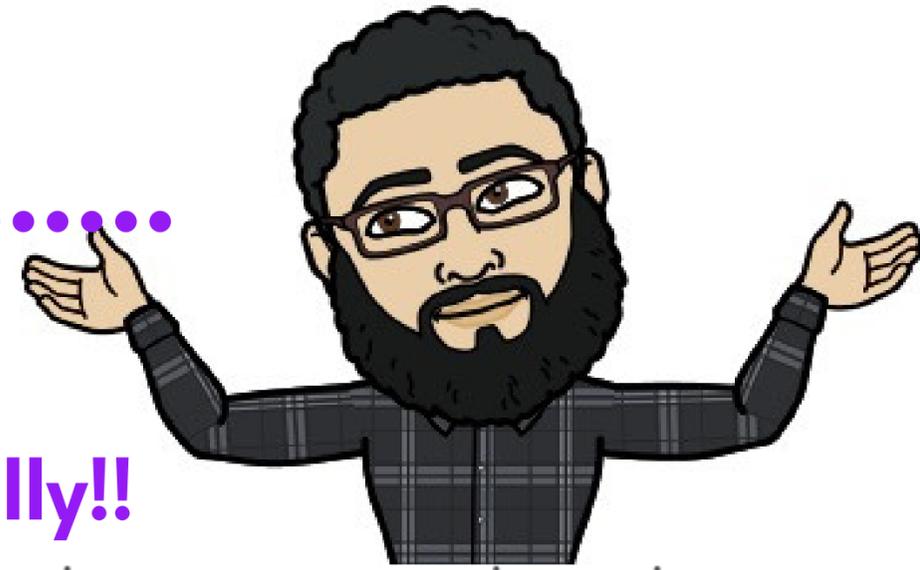
**The series is about how to be led by your spirit/heart and not your emotions.**

- **When you are in your feelings you will always be going down!**
- **When you are in your feelings it will always cost you!**

**Jonah 1 The word of the Lord came to Jonah the son of Amittai saying, 2 "Arise, go to Nineveh the great city and cry against it, for their wickedness has come up before Me." 3 But Jonah rose up to flee to Tarshish from the presence of the Lord. So he went down to Joppa, found a ship which was going to Tarshish, paid the fare and went down into it to go with them to Tarshish from the presence of the Lord.**



# When you are in your feelings you are.....



- oblivious to the troubles your feelings are causing spiritually!!
- constantly having to throw what you value overboard to keep "them" on the boat.
- insensitive and oblivious to the impact your feelings are having on others

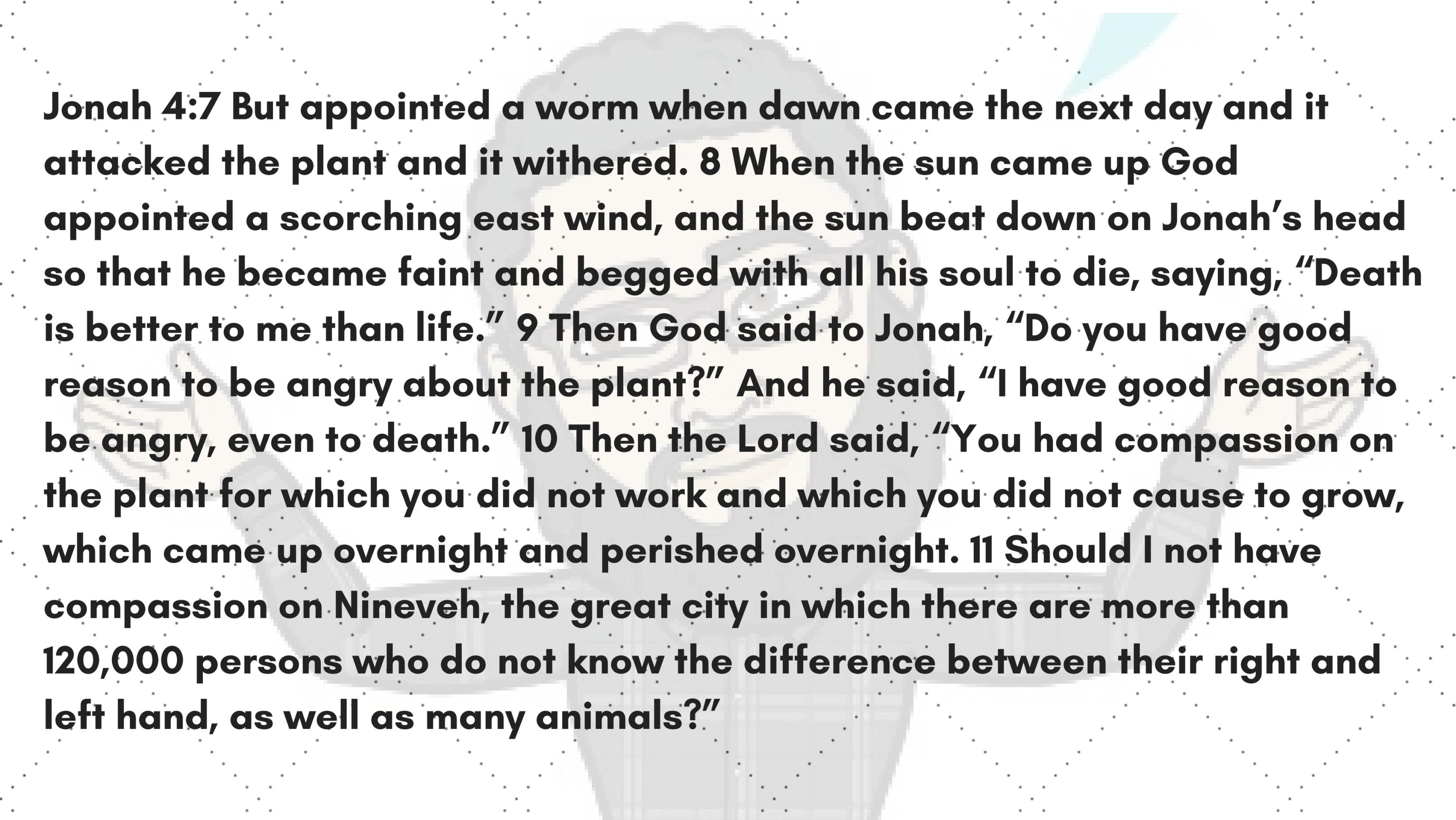
**Jonah 1:4 The Lord hurled a great wind on the sea and there was a great storm on the sea so that the ship was about to break up. 5 Then the sailors became afraid and every man cried to his god, and they threw the cargo which was in the ship into the sea to lighten it for them. But Jonah had gone below into the hold of the ship, lain down and fallen sound asleep. 6 So the captain approached him and said, "How is it that you are sleeping? Get up, call on your god. Perhaps your god will be concerned about us so that we will not perish."**

# When you are in your feelings you will ask people to fix something you should fix yourself



**Jonah 1:7 Each man said to his mate, "Come, let us cast lots so we may learn on whose account this calamity has struck us." So they cast lots and the lot fell on Jonah. 8 Then they said to him, "Tell us, now! On whose account has this calamity struck us? What is your occupation? And where do you come from? What is your country? From what people are you?" 9 He said to them, "I am a Hebrew, and I fear the Lord God of heaven who made the sea and the dry land." 10 Then the men became extremely frightened and they said to him, "How could you do this?" For the men knew that he was fleeing from the presence of the Lord, because he had told them. 11 So they said to him, "What should we do to you that the sea may become calm for us?"—for the sea was becoming increasingly stormy. 12 He said to them, "Pick me up and throw me into the sea. Then the sea will become calm for you, for I know that on account of me this great storm has come upon you**

**Jonah 4. But it greatly displeased Jonah and he became angry. 2 He prayed to the Lord and said, "Please Lord, was not this what I said while I was still in my own country? Therefore in order to forestall this I fled to Tarshish, for I knew that You are a gracious and compassionate God, slow to anger and abundant in lovingkindness, and one who relents concerning calamity. 3 Therefore now, O Lord, please take my life from me, for death is better to me than life." 4 The Lord said, "Do you have good reason to be angry?" 5 Then Jonah went out from the city and sat east of it. There he made a shelter for himself and sat under it in the shade until he could see what would happen in the city. 6 So the Lord God appointed a plant and it grew up over Jonah to be a shade over his head to deliver him from his discomfort. And Jonah was extremely happy about the plant.**



**Jonah 4:7 But appointed a worm when dawn came the next day and it attacked the plant and it withered. 8 When the sun came up God appointed a scorching east wind, and the sun beat down on Jonah's head so that he became faint and begged with all his soul to die, saying, "Death is better to me than life." 9 Then God said to Jonah, "Do you have good reason to be angry about the plant?" And he said, "I have good reason to be angry, even to death." 10 Then the Lord said, "You had compassion on the plant for which you did not work and which you did not cause to grow, which came up overnight and perished overnight. 11 Should I not have compassion on Nineveh, the great city in which there are more than 120,000 persons who do not know the difference between their right and left hand, as well as many animals?"**

# Principles to Get out of Your Feelings

**Principle 1: Quit judging & Extend Grace**

**Principle 2: Realize you are in your feelings**

**Principle 3: Get to the root of your emotions!**

**Principle 4: Admit where you are and take responsibility for your feelings**

**Principle 5: Do what you should do not what you feel you should do!**

