

## Feelings, the Messengers of Satan

Feelings are real, but they cannot be authoritative!!!!

I am so glad my feelings have no meaning.... I am even more grateful they do not affect my salvation or my relationship to the Lord.

I would have given up long ago had I given in to my feelings.

- My feelings have discouraged me many times
- They've tried to deceive me
- They've tried to rob me of my peace and joy in Christ
- And they have harassed and accused me of every evil thing possible.

I have come to recognize all unsettling feelings as messengers of Satan, intended to bring us down into despair and fear.

I can be walking along in the Spirit, reading my Bible, praying and loving the Lord with all my heart.

**Suddenly, unexpectedly:**

- I am overwhelmed with troubled feelings that flood my mind and spirit.

I did nothing to deserve these evil messengers of Satan.

- It seems as though the wicked principalities and powers of hell....
- Flood me with unwanted negative feelings when I least expect them.
- This often happens right after some great spiritual victory or revelation.

**When the enemy comes in like a flood –**

- Trying to drown me in depressing feelings and negative thoughts
- I have a tendency to blame myself.

**I say to my heart**

- Why am I so restless and irritable - when *I don't want to be?*

**What evil thing have I done to deserve these *negative, depressing feelings?***

**Why Do I Feel Like This?** - Buffeting....

**Definition of Buffeting - *the action* of striking someone or something repeatedly and violently:**

**Peace and happiness are suddenly disrupted**

- You are cast down into **the pit of despair**...
- **Why** such a heavy, sad, fearful cloud hanging over me?
- **What's wrong** –
- **Have I** brought it upon myself by something I've done."

It ***doesn't seem to matter*** how much faith or revelation of truth you may have -  
There comes to ***all God's children*** –

***This humbling experience*** of falling into a dry, depressing time of confusion.

- When it hits you, everything seems distorted for a while.
- An **inexplicable irritability** is the **first sign** of **this buffeting from Satan**.

As much as you hate it - **you will find yourself short tempered**

- **Cutting off** your loved ones and those you work with –
- And perhaps ***even raising your voice*** at your husband, wife, or children.

***You may then feel condemned; you may even feel sinful and immature.***

You will probably do as I do and end up thinking to yourself –

- ***How could I feel*** so low, so weak, so immature -
- So stupid - ***how did I turn from*** hot to cold so quickly?

***What's bothering me?***

**What's making me act so un-Christlike?**

If you allow it to happen, ***feelings have a way of draining*** your confidence in the Lord, and in yourself.

**Your feelings**, if left unchecked **can drag you down** into **despair and fearfulness**.

**1. And fear has torment.** Your feelings, when in control, will lie to you like the devil himself.

2. **They will put on you a fear** of cancer, fear of dying.
3. **Fear of losing** a loved one and a world of other overwhelming fears.

**They** (feelings) **distort** everything you look at.

Perhaps **just yesterday**, you had marvelous thoughts of God's power and love.

- Your faith was alive with hope
- you encouraged others
- you felt spiritually strong
- truth excited your soul!

**But today**, just hours later, the picture has changed.

- Maybe **the cloud** was there when you work up.
- Maybe it crept over you in the middle of the day.

**Without warning**, without any reason you can think of - **you are** thinking and feeling something entirely different.

**To be really honest about it**, you feel **defeated!** You feel **down!**

- **You feel** strange! You feel confused! You feel helpless!
- **You feel** like you haven't learned anything - that you are still **a bundle of mistakes!**
- **You feel** unworthy!
- You feel like you are wasting time!
- You feel unloving!
- You feel dejected!
- You feel misunderstood, forsaken!
- You feel angry that you feel so helpless and blue!
- You feel discouraged because you are still the victim of childish pouting.

**You thought** you had learned how to handle such crisis in the past, but now you realize there is **so much more to learn about yourself.**

It's so easy to throw around theology and simple formulas and tell people, "***You shouldn't feel like that!***"

- **Where is your faith?**
- **God wants you to live in victory and constant joy!**
- **You should not be victimized by feelings of despair or depression."**

***My answer to that is this*** - at times, we experience a low period of unexplained feelings of emptiness... confusion.... or fear.

And the longer one walks with God, the more one is apt to be ***buffeted by Satan*** with such hellish weapons.

**Don't despair** if you are **going through** such an experience at this present time.

**God is trying to teach us some powerful lessons about feelings and how to deal with them.**

**Lesson One:** My negative, blue, depressing feelings - ***did not come from God*** - so ***I don't have to put up with them!***"

**2 Timothy 1:7** - NKJV

<sup>7</sup> For God has not given us a spirit of fear, but of power and of love and of a sound mind.

I can **reject** every negative feeling because **I know** none of them are from God.

Feelings that make one afraid are not sent from heaven - they are ***messengers from the pits of hell!***

***They are to be rejected and bound through the power of prayer and faith.***

***Think of it*** - God is saying to us - "***I didn't give you - feelings of fear and doubt.***

- ***I've given you a spirit of love, power, and authority.***
- ***We dare not allow our feelings to master us.***
- ***Or permit them to linger and grow into roots of bitterness and doubt.***
- ***We must come against them in the name of Jesus - and cast them down!***

**We are commanded to do so!!!!!!!!!!!!!!**

## **2 Corinthians 10:5 - NKJV**

<sup>5</sup> casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,

- ***Every downcast feeling*** is the fruit of a satanic seed of ***mistrust***.
- ***The old serpent at work again***, trying to make us **question** God's faithfulness.

It is **Satan** planting, in our minds, **evil thoughts** of being abandoned or neglected by God.

The devil wants **God's children** to ***think of themselves*** as spiritual orphans, left to their own ways and wit.

It is subtle and very dangerous- ***because it is rooted in a lie***.

- **The lie is this –**
- **God is with you** to a point - then you are on your own.
- **He answers** some prayers, but **not** all prayers.
- **He delivers** you from some temptations, but **not all**.
- **He reveals** Himself only to go back into hiding.

**Lies** - all lies and ***the very seeds of our negative feelings***.

No wonder **God commands us** to **war against** them!!!!!!!!!!

**Lesson Two**: God can cause these messengers of Satan - these negative feelings - to praise Him!

## **Psalm 76:10 - NKJV**

<sup>10</sup> Surely the wrath of man shall praise You; With the remainder of wrath You shall gird Yourself.

***Living Bible*** - "Man's futile wrath will bring you glory. ***You will use it as an ornament!***"

***Negative feelings*** turned **into praise** are an ornament for our Lord and Savior!

***God can show us all the sinfulness and evil still lurking in our hearts – by permitting Satan to buffet our minds with these messengers.***

***Negative*** thoughts ***do not*** originate from God -but they can be ***permitted by God***.

When you sense ***the enemy of your soul*** pumping ***negative feelings*** into your mind, ***let it do its work before casting them out.***

- ***Let those feelings reveal to you how weak you are - how dependent on the grace, love and mercy of the Lord.***
- ***Let those sad, confusing feelings show you how evil the heart is and how much His strength is needed, every day, every hour.***
- ***Let it expose in you every remaining shred of pride, self-ego, ambition, secret sin, lust –***
- ***And bring you so low you will never again boast about how spiritual or mature you are.***

One depressing day of ***negative feelings*** can knock out of any Christian every false notion of *self-righteousness*.

God allows ***disgrace*** to make a way for ***His grace***.

When your feelings cause you to suffer and grieve

- You can be sure *the Lord is trying to teach you* ***obedience*** and ***complete trust in Himself***.

*I have learned* to rest in Him when swamped by *negative unwanted feelings*.

**Hebrews 5:8 - NKJV**

<sup>8</sup> though He was a Son, yet ***He learned obedience*** by the things which He suffered.

**Lesson Three:** We must take comfort in knowing that our Lord feels what we feel, and He understands completely.

I take great comfort in **knowing** that ***my Savior understands my feelings.***  
**He relates** to all I am experiencing.

### **Hebrews 4:15-16** - NKJV

<sup>15</sup> For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all *points* tempted as *we are*, yet without sin.

<sup>16</sup> Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.

**Every feeling**, He truly understands.

He never condemns me for suffering such attacks from the enemy.

- Instead, **He tells me to hold on**, and **be not afraid**.
- He lets me know **He too is familiar** with **this kind of struggle**.

***Whether my negative feelings*** have been a **result of** **a physical** or **spiritual battle**, ***our Lord offers*** **comfort and help** when most needed.

**What does our Lord mean by this?**

**He is encouraging all** His dear children to quit fretting **when under the influence** of ***negative thoughts***.

**No more accusing yourself** of **failure and wickedness**.

- **Sin** can be **the cause of despair and fear** - but not always.
- **So don't just lie down and take it!**

**Claim mercy, forgiveness, and grace to expel all negative feelings.**

- That is **Christ's formula**, not mine.
- Having **claimed victory**, ***ride out your storm in a state of rest!***

**Let God dissipate the negative feelings at His own pace.**

### **Hebrews 6:15** - NKJV

<sup>15</sup> And so, after he had patiently endured, he obtained the promise.

You can lie down to **sleep with this prayer** on your lips: Lord, **I reject these negative feelings I commit them all to you.** Give me a new assurance, take away all fear. Amen!"

**CLOSE:**

**Hebrews 2:18 - NKJV**

<sup>18</sup> For in that He Himself has suffered, being tempted, He is able to aid those who are tempted.

The godly person will not escape all suffering - but God has promised to deliver in the end.

God has clearly promised to deliver anyone who trusts Him and who calls upon His name.

**Psalms 37:25 - NIV**

<sup>25</sup> I was young and now I am old, yet I have never seen the righteous forsaken or their children begging bread.