

## Week 5: The Foundation of Emotional Steadfastness and Stability, Part 2

### Lesson Outline

#### Introduction

- **Summary of principles we've learned thus far**
  - Principle #1 *"Faith is the master, and feelings are the servant"*
  - **Galatians 5:16-24**
  - Principle #2 *"You should expect submitting your feelings to faith will be hard work"*
  - **Philippians 2:12-13**
  - Principle #3 *"Your heart can't be trusted"*
  - **Proverbs 28:26**
  - Principle #4 *"God's goal is your holiness, not your happiness"*
  - **Romans 12:2, 1 Peter 1:14-15**
  - Principle #5 *"Faith does not wait for feeling"*
  - Principle #6 *"Don't conform God to your preferences; learn to love the God of Scripture"*
  - **Romans 6:17**
  - Principle #7 *"God is love, therefore you must love"*
  - **1 Corinthians 13, Mark 12:30, 1 John 4:11**
  - Principle #8 *"Biblical love is sacrificial, and it should motivate all of your actions"*
  - **Ephesians 5:2, 1 Corinthians 16:14, 1 John 3:17, 1 Corinthians 12:7**
  - Principle #9 *"Love is the evidence of spiritual maturity, spiritual maturity inevitably produces emotional maturity, and all of this is built up in us as we come to know and come under the truth"*
  - **Ephesians 4:14, Philippians 4:1-9, Colossians 3:14-16**
- **A note about last week**
  - The point was to build confidence in the reliability of the Scriptures
  - Inspiration- **2 Timothy 3:16, 2 Peter 1:21, Matthew 5:18**
- **The Infallibility of the Scriptures**
  - **Isaiah 55:11**
- **The Sufficiency of the Scriptures**
  - **2 Timothy 3:16-17**
  - Though we claim to trust the Scriptures, we sometimes hold extra-biblical ideas in practice
  - Illustration
  - We need to be careful to draw a clear line between truth and opinion
  - There are medical theories about connections between anxiety/depression and physiological causes
  - So we should focus on what we know. The Scriptures make a clear claim that they are sufficient for life and godliness.

- **2 Peter 1:3**
- **Colossians 2:1-8**
- All of these doctrines of Scripture help give us the confidence to know we have the mind of Christ, so we can walk in wisdom
- Switching gears- our view of God
- **Q: What is the first and most fundamental biblical conviction that leads us to bow the heart in full submission to God?**
  - **Proverbs 9:10**
  - The fear of God
  - What's the difference between a low view and a high view of God?
  - A high view of God also results in a recognition of His sovereignty
- **What is sovereignty? Psalm 103:19**
  - LORD- Yahweh- I AM
  - Throne- the seat of power for the King
  - In the heavens- a throne above all earthly thrones
  - **Colossians 1:16-17, Proverbs 21:1, Acts 17:26, Isaiah 14:27**
- **Next week: How trusting in God's sovereignty stabilizes our walk and comforts our heart**