

Emoticons

Acting Out

February 7, 2010 – Jeff Gunn

¹² When Isaac planted his crops that year, he harvested a hundred times more grain than he planted, for the Lord blessed him. ¹³ He became a very rich man, and his wealth continued to grow. ¹⁴ He acquired so many flocks of sheep and goats, herds of cattle, and servants that the Philistines became jealous of him. ¹⁵ So the Philistines filled up all of Isaac's wells with dirt. These were the wells that had been dug by the servants of his father, Abraham.

¹⁶ Finally, Abimelech ordered Isaac to leave the country. "Go somewhere else," he said, "for you have become too powerful for us."

¹⁷ So Isaac moved away to the Gerar Valley, where he set up their tents and settled down. ¹⁸ He reopened the wells his father had dug, which the Philistines had filled in after Abraham's death. Isaac also restored the names Abraham had given them.

¹⁹ Isaac's servants also dug in the Gerar Valley and discovered a well of fresh water. ²⁰ But then the shepherds from Gerar came and claimed the spring. "This is our water," they said, and they argued over it with Isaac's herdsmen. So Isaac named the well Esek (which means "argument"). ²¹ Isaac's men then dug another well, but again there was a dispute over it. So Isaac named it Sitnah (which means "hostility"). ²² Abandoning that one, Isaac moved on and dug another well. This time there was no dispute over it, so Isaac named the place Rehoboth (which means "open space"), for he said, "At last the Lord has created enough space for us to prosper in this land."

²³ From there Isaac moved to Beersheba, ²⁴ where the Lord appeared to him on the night of his arrival. "I am the God of your father, Abraham," he said. "Do not be afraid, for I am with you and will bless you. I will multiply your descendants, and they will become a great nation. I will do this because of my promise to Abraham, my servant." ²⁵ Then Isaac built an altar there and worshiped the Lord. He set up his camp at that place, and his servants dug another well. (Genesis 26:12-25, NIV)

The ideal emotional state is not to feel _____ all the time.

The ideal emotional state is to feel what _____ feels at any given time.

²⁶ If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it. (1 Corinthians 12:26, NIV)

Notes _____

1. _____ takes our emotions out of sync with God's.

²⁷ Isaac asked them, "Why have you come to me, since you were hostile to me and sent me away?" (Genesis 26:27, NIV)

⁴ For I wrote you out of great distress and anguish of heart and with many tears, not to grieve you, but to let you know the depth of my love for you. (2 Corinthians 2:4, NIV)

¹² Be joyful in hope, patient in affliction, faithful in prayer. (Romans 12:12, NIV)

Notes _____

1. God's promises allow us to _____ emotions in sync with God.

²⁹ Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. ³⁰ And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. ³¹ Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. (Ephesians 4:29-30, NIV)

Notes _____

2. God's promises allow us to _____ to our emotions in sync with God.

My next steps in the "Cross-Walk":

- Hold your heart up next to Jesus' heart. Compare and contrast.
- Ask God for faith not fear. God is with you and wants to bless you.
- Meditate on and memorize Genesis 26:23-24.