



## IS IT OKAY TO BE EMOTIONAL?

By

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Ever remember the last time you were emotional? Was it an expression of joy, anger, laughter, fear or sadness? There are so many emotional roller coasters a person goes through in a day, and with so many of these emotional swings, it is difficult to fathom how a person can navigate the turbulent waters of these feelings without getting lost.

Emotions can be compared to a finely crafted violin. When the instrument is perfectly tuned, the result is beautiful music. However, because the violin is so delicate and highly sensitive to its surroundings, it doesn't take much for it to be affected dramatically by its environment. Any change in temperature, humidity, or altitude, a change so subtle and imperceptible, can make the violin sound off pitch and it doesn't have to be out of tune very much to make everyone within listening ear completely miserable.<sup>1</sup>

This begs the question: how much are we in control of our emotions? Understanding our emotions and the things that trigger them can help us be in control of our feelings, making us more emotionally healthy and sound. God is interested in our emotional health just as much as He is interested in the salvation of our souls. Ironically, we pay attention to our spiritual health and fail to pay attention to the maturity of our emotional being. For us to be holistically healthy disciples of Jesus

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<sup>1</sup> Omartian Stormie, *The Power of a Praying Husband* (Oregon: Harvest House Publishers, 2001), Pg. 51.

Christ, we also need to develop our emotional health for good Christian living. Over time, our expectations of what it means to be “spiritual” have blurred to the point that we have grown blind to many glaring inconsistencies in our spiritual walk with the Lord. You can be a gifted speaker for God in public, yet be a detached spouse or angry parent at home. You can function well as a leader, yet be unteachable, insecure and defensive.<sup>2</sup> The apostle Paul in his letter to the Ephesians, admonished the church of Ephesus, saying, “So then, putting away falsehood, let all of us speak truth to our neighbors, for we are members of one another. Be angry but do not sin, do not let the sun go down on your anger and do not make room for the devil.” (Ephesians 4: 25 – 27)

Yes! There is room to be emotional as children of God because we are created with emotions to express our inner self: the pain, the hurt, the joy and the happiness we feel within. Yet, we also have a responsibility to hold the excesses of our emotions in check, so we do not make room for evil to overtake us. It is my hope and prayer that we will grow in our self-awareness and effectively use our emotions in a fruitful way. May God bless us in this month of September.

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<sup>2</sup> Scazzero Peter, *Emotionally Healthy Discipleship* (Michigan: Zondervan, 2021), Pg. 6

## **PREACHING PLAN FOR SEPTEMBER**

September 4<sup>th</sup>, 2022

Scripture Reading: Jeremiah 18: 1 – 11

Theme: The Potter and the Clay

**Special Note: No Communion Service.**

September 11<sup>th</sup>, 2022

Scripture Reading: Psalm 71: 1 - 12

Theme: Emergency Prayer

**Special Note: Communion Service and Scottish Sunday.**

September 18<sup>th</sup>, 2022

Gospel Reading: Luke 16: 1 - 13

**Theme: Faithful Stewardship**

**Special Note: Minute for Mission by Westmont Family Counseling Ministries.**

September 25<sup>th</sup>, 2022

Scripture Reading: Psalm 91: 1 - 16

Theme: Dwelling in God's Secret Place

**Special Note: Celebration of Pastor Ben's Four Years Ordination Anniversary. Reception of New Members.**

### **BIBLE STUDIES ANNOUNCEMENT**

We step into the ninth month of the year with hope, thanking God for how far God has journeyed with us this year. This month is a month to grow in our self-awareness. We will together be engaged in a Bible study, titled *The Bible and Emotions*. In this study, we will be examining four areas in the Bible in relation to emotions: The biblical examples of harmful emotions, the emotions of God, the emotions of Christ, and the emotions of Paul. Venue will be in the Koinonia room

at Westmont Presbyterian Church, Tuesdays, at 6.30pm, beginning on September 13<sup>th</sup>, 2022. Come and you will be blessed.