

THE CONNECTION

FALL 2020



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FEELINGS

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Don't Follow Your Feelings

By Linda Korhonen

(Excerpts from WMF Study for 2020, Lesson #1; All italics, capitalizations, bolding, and underlining are original)

"How are you feeling?" We hear that question daily, and the answer usually depends on our current circumstances. Feelings are a natural reaction to life's situations. They are not necessarily right or wrong in themselves. We seek to learn to **RESPOND** to our feelings in the RIGHT way.

Many people elevate feelings to be their "god." Everyone wants to feel good. If a thought comes to someone's mind, the advice is often: "*If it feels good, do it.*" No wonder our world is so messed up! One Bible scholar describe it this way: "Society things with their feelings." Much confusion in our world today is based on the faulty things and letting feelings rule. Let's learn the truth about emotions.

FEELINGS ARE A GIFT FROM GOD

Our Almighty Creator made us wonderfully complex: body, mind, soul, spirit, emotions. We are created "in the image of God!" The Bible records that God himself has shown a wide range of emotions. Our feelings have a purpose and can be of benefit to us.

Then why do we have such struggles with our feelings? We are well aware that the curse of sin has troubled every area of our earthly lives. We battle the effects of sin every day. Our feelings can deceive us, especially when based on false assumptions and distorted views. **THE SOLUTION:** The more we know, believe, and obey the **TRUTH** of God's Word, the more our emotions will be under God's control.

Let's clarify this truth by using the train illustration in the Campus Crusade for Christ pamphlet, "Would You Like To Know God Personally?" I want you to remember this train illustration because it will really help you.

Think about real trains for a minute. What is the power source (leads the train)? How does a box-car move? Does it ever work to put a caboose in front of a train? Can a train run without a caboose?

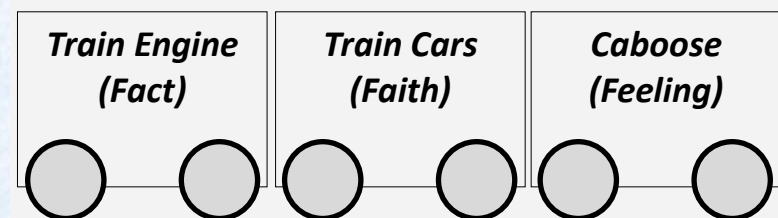
Now apply this to our SPIRITUAL LIVES (the words on this train).

What is our power source? The source of eternal truth is **GOD and HIS WORD**. Write these words below the locomotive. Because these are true, unchanging, eternal, and have all the power we need or will ever need; they qualify to be the basis and authority of our lives.

FAITH based on the Word of God is essential for spiritual life. We are not talking about mere head knowledge or mental assent. ...(Hebrews 11:1 and 6; Ephesians 2:8-9)

What must our FAITH be connected to? Remember: FAITH is not in faith. We hear people say, "Have faith." Our faith can only be as effective or strong as the object in which we trust; it connects us to God Himself.

Does it work to put FEELINGS (caboose) in front of the train? Why not? **DON'T MEASURE YOUR FAITH BY YOUR FEELINGS!**



[You can find the original illustration at the bottom of this webpage:

<https://www.cru.org/us/en/train-and-grow/transferable-concepts/walk-in-the-spirit.html>]

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REALITIES ABOUT EMOTIONS

- Emotions are one of God's gifts to help us in life and relationships. They are like a warning light or signal to give us information that we need to act upon.
- Don't deny your feelings. Be honest about them. Every Christian experiences "negative" feelings such as anger, fear, sadness or shame; they are part of life.
- Emotions fluctuate all the time. That's normal. Feelings are temporary and unreliable. They can change in an instant and may go up and down many times a day. That isn't wrong but it is a reaction to what is happening at the moment. Then we face a choice: to respond in a right or a wrong way.
- Emotions can often cloud or obscure good judgment. We can get so overwhelmed by them that we cannot think clearly and are blind to the truth.

- Our goal is not to be without emotion (have no feeling about things) but rather to have our emotions be stabilized under the control of God's Spirit.

FILTER YOUR FEELINGS THROUGH GOD'S WORD, NOT THE WORD THROUGH YOUR FEELINGS.



*Mrs. Linda Korhonen,
Plymouth, MN,
authored the 2020 Bible study
for the WMF of the AFLC*

You can find out more about this Bible study resource and how to order it at: <https://www.aflc.org/women/resources/bible-studies/>

The Connection Note:

The train illustration properly positions us to identify the place of feelings. Feelings can be formidable. They can be very overpowering at times! But when we remember that the Lord has spoken in His unchanging Word (Fact) and that our trust is in God's Son (Faith), then as Linda encourages, we can make sense of the feelings that we encounter and step forward relying on the Savior King.

If this column has uncovered some thoughts and feelings that you are wrestling with, then please know that is completely normal. We would encourage you to talk to your parents, youth leaders, and pastor about them. They will listen, encourage, and pray for you. You are not alone!

– Pastor Jason Holt, AFLC Youth Ministries' Director

FLY FEATURE

By Aaron Arneson

He Is Making All Things New

“So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband who was with her, and he ate” (Genesis 3:6).

This moment brought the problem of sin into the world not just for Adam and Eve, but for all of mankind. The following verses describe the first time when there was a need for restoration. We see the guilt of Adam and Eve and the consequences of their action. However, we also see the first promise of a Savior, “He shall bruise your head, and you shall bruise his heel” (Genesis 3:15b).

Just like Adam and Eve, we have a problem with sin in ourselves and in the world. The devil is actively present in our world today seeking to undermine God’s Word just like he was in Genesis 3. You and I regularly fall into temptation just like Adam and Eve. The sin that so easily entangles us can be a great discouragement. Thankfully, God’s Word reminds us of the many promises of Christ our Savior and the restoration we have through Him.

Adam and Eve and countless others in the Old Testament looked forward to the Savior who was going to bring restoration. We are to do the same, except we now look back to the Savior who has already come to restore our souls. We are blessed to have both the Old Testament and the New Testament before us, where we have an abundance of promises in which our souls can find rest. Verses

like Galatians 2:20 come to mind, “I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.”

There are other aspects of restoration that shouldn’t go unmentioned. God is restoring relationships with people as they reconcile with one another. Parents and children, brothers and sisters, and supervisors and coworkers are just a handful of examples of where God is doing His restorative work. Believers in Jesus already get to experience this restoration through Christ but haven’t yet experienced the complete restoration that God is going to accomplish when He comes again. Revelation 21:5 says, “And he who was seated on the throne said, ‘Behold, I am making all things new.’” Also he said, ‘Write this down, for these words are trustworthy and true.’”

As you try to navigate life in these uncertain times, take comfort and believe in God’s promises of restoration through Christ! On behalf of the FLY Committee, I invite you to come join us on July 5-10 for the 2021 FLY Convention at the YMCA of the Rockies in Estes Park, Colo. We’ll explore the theme “Restored” and learn about God’s work of restoration in our lives and in the world. Please pray for us as we continue to plan for the convention. We hope to see you there.

This article was originally published in the September 2020 issue of the Lutheran Ambassador magazine.



*Aaron Arneson is the
First Vice President of
the 2021 FLY Committee*



1



99

WEEKS AT NO. 1

You Say

Lauren Daigle

Song Lyrics

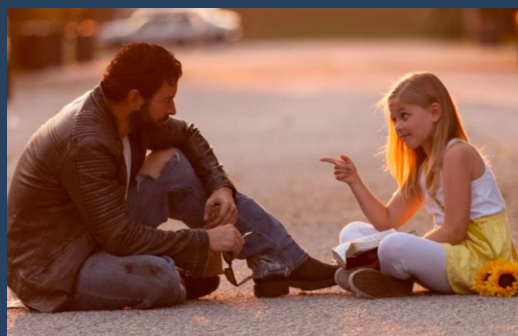
SONGWRITER(S)

L.Daigle, J.Ingram, P.Mabury

MUSIC: "You Say" by Lauren Daigle

The screenshot shows that this tune has spent 99 weeks at #1 on the Christian Chart! 99! More than being memorable, the lyrics remind us to look to the Lord's perspective.

<https://www.billboard.com/charts/christian-songs>

**MOVIE:** "Tulsa"

This film seems to be a worthwhile attempt at showing struggle and deliverance.

"A sad, sappy, and sweet little Christian film"
— Bob Hoose from PluggedIn.com

<https://www.pluggedin.com/movie-reviews/tulsa-2020/>

AFLC Youth Ministries exists

- to Win teenagers to Christ through the Gospel
- to Build them up in God's truth and God's love
- to Equip them to live their faith and share their faith with others, which results in the multiplying of maturing teen disciples of Jesus

**Rev. Jason Holt***National Youth Director***Mr. Daniel Keinanen***FLY Convention Coordinator***Rev. Dan Hurner***YM Networking Coordinator***Mrs. Chris Rasmussen***YM Administrative Coordinator***Mr. Jordan Langness***YM Training Coordinator***Ms. Liz McCarlson***AFLC Administrative Assistant*

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