



# GULF SHORES

CHURCH OF CHRIST

## LESSON #4: OUR EMOTIONS

*Sunday Morning Sermon by Ray Reynolds (January 28, 2018)*

**TEXT:** *There is a time to cry and a time to laugh. There is a time to be sad and a time to dance. (Ecclesiastes 3:4).*

**INTRODUCTION:** You are probably familiar with the phrase “*Timing Is Everything*” and realize its significance. In **Ecclesiastes 3:1-8**, Solomon tells us that life is really a matter of timing. If timing is everything, how should we live? In these verses, he makes twenty-eight statements (14 pairs of contrasts). What do these words mean? The wisdom of Solomon can bless us. Let’s study together...

### DISCUSSION:

#### ***I. Cry vs. Laugh***

- A. Emotion follows more emotions (**Psalm 30:5**).
- B. Emotion can flood our soul (**Psalm 122:1**).
- C. Emotion can fill our heart (**Ecclesiastes 9:9-10**).
- D. Emotion can cause pain to fade (**Philippians 3:7-11**).

#### ***II. Sad vs. Dance***

- A. Inaction is the result of sadness (**Proverbs 12:25**).
- B. Action is the result of happiness (**Jeremiah 31:13**).
- C. Eternity reveals two extremes (**Matthew 8:12, Revelation 21:4**).
- D. The return of Jesus brings joy and sadness (**Luke 12:35-40**).

**CONCLUSION:** Solomon shows us that what affects us does not affect God. He knows what has happened, what is happening, and what will happen. Our seasons may change, but our God stays the same (**Numbers 23:19, Hebrews 13:8, James 1:17**). Our emotions can often get in the way of doing the right thing or they can lead us to do the right thing. What is your heart telling you right now? Have you given God the time He deserves? Are you obeying Him? What are you willing to give up for Christ? Give Him your life while you still have the time.