

A WOMAN and HER EMOTIONS: How Do You Feel About Your Feelings? Pt. 1

BETSY RICUCCI

I. CREATED IN THE IMAGE OF GOD

“So God created man in his own image, in the image of God he created him; male and female he created them.” Genesis 1:27

“To be in the image of God is an incredible privilege. It means to be like God and to represent God. No other creatures in all of creation, not even the powerful angels, are said to be in the image of God. It is a privilege given only to us as men and women. We are more like God than any other creatures in the universe, for we alone are ‘in the image of God.’” Biblical Foundations for Manhood and Womanhood, editor-Wayne Grudem; pg. 19

A. Look at how Scripture describes God:

In the days of Noah

“The Lord saw that the wickedness of man was great in the earth, and that every intention of the thoughts of his heart was only evil continually. And the Lord was sorry that he had made man on the earth, and it grieved him to his heart.” Genesis 6:5-6 ESV

“...And if he cries to me, I will hear, for I am compassionate.” Exodus 22:27b
ESV

“The Lord is merciful and gracious, slow to anger and abounding in steadfast love.” Psalm 103:8 ESV

“For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who by their unrighteousness suppress the truth.”
Romans 1:18 ESV

“For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.” John 3:16 ESV

B. Look at how Scripture describes Jesus:

“Therefore God, your God has anointed you with the oil of gladness beyond your companions.” Psalm 45:7/Hebrews 1:9 ESV

“He was despised and rejected by men; a man of sorrows, and acquainted with grief...” Isaiah 53:3a ESV

“When he went ashore he saw a great crowd, and he had compassion on them, because they were like sheep without a shepherd. And he began to teach them many things.” Mark 6:36 ESV

“Jesus wept.” John 11:35 ESV

C. Look at how Scripture describes the Holy Spirit:

“And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.” Ephesians 4:30

“And you became imitators of us and of the Lord, for you received the word in much affliction, with the joy of the Holy Spirit,”
I Thessalonians 1:6 ESV

D. Scripture is filled with passion, it actually commands passion!

“And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength... You shall love your neighbor as yourself.” Mark 12:30-31 ESV

“The Psalms have always been favorites of God’s people because they express honest human experience and emotion in a context of faith. In the Psalms you meet God where you are. The cry of need and the song of joy are each appropriate in image bearers of the glory of God.” What Do You Feel, David Powlison, Journal of Biblical Counseling

II. CREATED, BUT CORRUPTED BY SIN

A. Our creatureliness

“As a father shows compassion to his children, so the Lord shows compassion to those who fear him. For he knows our frame; he remembers that we are dust.”
Psalm 103:13-14 ESV

“So we do not lose heart. Though our outer nature is wasting away, our inner nature is being renewed day by day. For this slight momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.” 2 Corinthians 4:16-18 ESV

B. Sin has changed the world we live in, it is a fallen world.

Genesis 3: 14-19; Romans 8:20-22

C. Sin has changed us and how we live in the world.

1. Fallen man:

“In those days there was no king in Israel. Everyone did what was right in his own eyes.” Judges 17:6, 21:25 (the last verse in Judges) ESV

“For although they knew God, they did not honor him as God or give thanks to him, but they became futile in their thinking, and their foolish hearts were darkened.” Romans 1:21 ESV

2. Forgiven man:

“For I have the desire to do what is right, but not the ability to carry it out. For I do not do the good I want, but the evil I do not want is what I keep on doing...Wretched man that I am! Who will deliver me from this body of death? Thanks be to God through Jesus Christ our Lord!” Romans 7:18b-19, 24-25a ESV

D. We have an adversary, Satan.

“Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil.” Ephesians 6:10-11 ESV

“And I heard a loud voice in heaven, saying, ‘Now the salvation and the power and the kingdom of our God and the authority of his Christ have come, for the accuser of our brothers has been thrown down, who accuses them day and night before our God. And they have conquered him by the blood of the Lamb and by the word of their testimony, for they loved not their lives even unto death.’” Revelation 12:10-11 ESV

E. How did we get here?

“clearly, there is nothing that is quite so variable about us as our feelings. We are variable creatures, and our feelings are, of everything that belongs to us, the most variable of all.” Spiritual Depression, Its Causes and Cures, D. Martyn Lloyd-Jones, pg. 111

“Now the serpent was more crafty than any other beast of the field that the Lord God had made. He said to the woman, ‘Did God actually say, ‘You shall not eat of any tree in the garden?’” Genesis 3:1 ESV

“The tempter begins with suggestion rather than argument. The incredulous tone—‘So has God actually said?’ is both disturbing and flattering; it smuggles in the assumption that God’s Word is subject to our judgment.” Genesis-an Introduction and Commentary, Derek Kidner

“...for Eve listened to a creature instead of the Creator, followed her impressions against her instructions, and made self-fulfillment her goal.” Genesis-an Introduction and Commentary, Derek Kidner

“The alienation of sin plays equal havoc in our understanding, our choosing, and our feeling. It is not that one of them has “fallen further” than the other two. But the emotions are distinctive for one important reason. They are the part of us most vulnerable to outside influences, and in this sense, they are the part of us most easily manipulated...Our understanding can be persuaded not to believe, and our conviction can be broken. But when we are under pressure our emotions tend to throw in the towel long before our understanding or our will. This gives the impression that the emotions are a problem because they are weak. But it is just the reverse: The real problem is that they are too strong. Not only are our emotions easily influenced; they are highly influential. Once persuaded, they become the powerful persuaders, and here is their danger...Reason is cut down, obedience is thrown out, and for a while the rule of the emotions is as sovereign as it is violent.” God in the Dark-The Assurance of Faith Beyond a Shadow of a Doubt, Os Guinness, pg.126,127-128

III. TRUTH TO THE RESCUE!

“The law of the Lord is perfect, reviving the soul; the testimony of the Lord is sure, making wise the simple; the precepts of the Lord are right, rejoicing the heart; the commandment of the Lord is pure, enlightening the eyes; the fear of the Lord is clean, enduring forever; the rules of the Lord are true, and righteous altogether. More to be desired are they than gold, even much fine gold; sweeter also than honey and drippings of the honeycomb. Moreover, by them is your servant warned; in keeping them there is great reward.” Psalm 19:7-11 ESV

“Sanctify them in the truth; your word is truth.” John 17:17 ESV

“And we know that for those who love God all things work together for good, for those who are called according to his purpose.” Romans 8:28 ESV

“For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.” Romans 8:38-39 ESV

“After all, what we have in the Bible is Truth; it is not an emotional stimulus, it is not something primarily concerned to give us a joyful experience. It is primarily Truth, and Truth is addressed to the mind, God’s supreme gift to man; and it is as we apprehend and submit ourselves to the truth that the feelings follow. I must never ask myself in the first instance: What do I feel about this? The first question is, Do I believe it? Do I accept it, has it gripped me?” Spiritual Depression-Its Causes and Cure, D. Martyn Lloyd-Jones, pg. 114-115

“...your business and mine is not to stir up our feelings, it is to believe. We are never told anywhere in Scripture that we are saved by our feelings; we are told that we are saved by believing. ‘Believe on the Lord Jesus Christ and thou shalt be saved.’ Never once are feelings put into the primary position. Now this is something we can do. I cannot make myself happy, but I can remind myself of my belief. I can exhort myself to believe, I can

address my soul as the Psalmist did in Psalm 42: ‘Why are thou cast down O my soul, and why art thou disquieted within me? Hope thou’...believe thou, trust thou. That is the way. And then our feelings will look after themselves. Do not worry about them.”
Spiritual Depression-Its Causes and Cure, D. Martyn Lloyd-Jones, pg. 116-117

“Do you want to go away as well? Simon Peter answered him, ‘Lord, to whom shall we go? You have the words of eternal life, and we have believed and come to know, that you are the Holy One of God.’” John 6:67-69 ESV

A WOMAN and HER EMOTIONS: How Do You Feel About Your Feelings? Pt. 2

BETSY RICUCCI

INTRODUCTION

- A. We clearly are a culture in tune with our feelings.**
- B. What will help us over the long haul?**

I. HUMILITY

A. We are Creatures...God is the Creator

“our emotions are affected by a very practical cause that needs an appropriately practical solution”. God in the Dark-The Assurance of Faith Beyond a Shadow of a Doubt , Os Guinness, Pg. 139

“The apostles returned to Jesus and told him all that they had done and taught. And he said to them, ‘**Come away by yourselves to a desolate place and rest a while.**’ For many were coming and going, and they had no leisure even to eat.”
Mark 6:31 ESV

B. What does humility look like for us?

1. “Practicals” are important, but not complete
2. We shouldn’t be surprised
3. Emotions influence, but do not have to define or determine

“Our feelings are always seeking to control us, and unless we realize this, they will undoubtedly do so.” Spiritual Depression, Its Causes and Cure, D. Martyn Lloyd-Jones, pg. 112

C.S. Lewis wrote: “unless you teach your moods ‘where they get off,’ you can never be a sound Christian or even a sound atheist, but just a creature dithering to and fro with its beliefs really dependent on the weather and the state of its digestion.” The Business of Heaven: Daily Readings from C.S. Lewis, Walter Hooper, pg. 76-77

II. LEARNING THE SKILL OF SELF CONTROL

A. We start with what God has done and given

“for God gave us a spirit not of fear but of power and love and self-control.” 2 Timothy 1:7 ESV

B. Why is self control so important?

“If there is a continuum that goes from legalistic, restrained, and ascetic, to licentious, reckless and hedonistic, we live in a society that favors the self-indulgent end of the spectrum. When our desires speak, we listen. As such, we live in particular need of **learning the skill of self-control.**” Self-Control: The Battle Against “One More”, Ed Welch, Journal of Biblical Counseling, Vol. 19, No. 2, Winter 2001

“A man without self-control is like a city broken into and left without walls”
Proverbs 25:28 ESV

“Without self-control a person is vulnerable. The point of comparison to a broken down city is that one who lacks self-control has no defenses.” The Expositor’s Bible Commentary, Frank E. Gaebelein

“In biblical times, a city without walls was unthinkable. It would be the height of foolishness because it invited destruction. Any band of robbers or a neighboring country could take the city at will, guaranteeing suffering for the entire community. Only strong walls could bring a peaceful night’s sleep.” Self-Control: The Battle Against “One More”, Ed Welch, JBC

C. We need guards as well as walls

“And I stationed some of my servants at the gates that no load might be brought in on the Sabbath day.” Nehemiah 13:19b ESV

1. Intensity/Strength of my thoughts and emotions masquerading as truth. I can think that because I think or feel strongly that must mean it’s accurate and true. It’s not true merely because it’s intense.
2. Repetitive/Enduring thoughts and emotions masquerading as truth. Truth is enduring...and repetitive thoughts and feelings can have the illusion of truth because they are repetitive.
3. Familiar/Reasonable thoughts and emotions masquerading as truth. These are thoughts and feelings we are very familiar with. We’ve sat down with them and visited with them, perhaps for years. But they are enemies in the city.

III. SO, WHERE DO WE START? WE START WITH GOD.

We learn the skill of self control, we build and guard, by first, starting with God, not with us. We remember who He is.

A. Remember

1. He is rich in mercy

“But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved..” Ephesians 2:4-5
ESV

“But this I call to mind, and therefore I have hope, The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.” Lamentations 3:21-21
ESV

“What then, shall we say to these things? If God is for us, who can be against us? He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things.” Romans 8:31-32
ESV

2. He knows your darkest hours

“So I point to the cross of Christ, for there’s no greater encouragement, and no greater motivation for everything God has called you to do and experience in life, than to recognize His love for you in *His* darkest hour, and to receive His care for you in *your* darkest hour.” C.J. Mahaney, Living the Cross Centered Life, pg. 98

“I cannot imagine living the Christian life on any other basis than this. If the Father loves me so much that he did not spare his own Son but delivered him up to be crucified for me, no further guarantee is needed of his wholehearted and permanent commitment to me and to my blessing. Whatever happens to me must be seen in that light. Yes, my deepest fears may become realities. I may not be able to understand what God is doing in my life; he may seem to be hiding his face from me; my heart may be broken. But can I not trust the One who demonstrated his love for me? When I was helpless in my sin he sent Christ to die for me (Romans 5:8). If he has done that, will he not work all things together for my good? Will he withhold any thing that is ultimately for the good of those who trust him?” Sinclair Ferguson quoted in Be Still My Soul, edited by Nancy Guthrie

“And canst thou not do this? Are there no mercies which thou hast experienced? What though thou are gloomy now canst thou forget that blessed hour when Jesus met thee, and said, ‘Come unto me’? Canst thou not remember that rapturous moment when He snapped thy fetters, dashed thy chains to the earth, and said ‘I came to break thy bonds and set thee free?’” C.H. Spurgeon

“Forget not what thy God has done for thee; turn over the book of thy remembrance, and consider the days of old...Hast thou never been helped in time of need? Nay, I know thou hast. God back, then, a little way to the choice mercies of yesterday, and though all may be dark now, light up the lamps of the past, they shall glitter through the darkness, and thou shalt trust in the Lord till the day breaks and the shadows flee away. ‘Remember, O Lord, thy tender mercies and thy lovingkindness, for they have been ever of old.’” C.H. Spurgeon

“Though I cannot know what your afflictions are, yet I know what your mercies are, and I know they are so great that I am sure there can be no afflictions in this world as great as the mercies you have. If it were only this mercy, that you have this day of grace and salvation continued to you: it is a greater mercy than any affliction. Set any affliction beside this mercy and see which would weigh heaviest; this is certainly greater than any affliction. That you have the day of grace and salvation, that you are not now in hell, this is a greater mercy. That you have the sound of the Gospel still in your ears, that you have the use of your reason: this is a greater mercy than your afflictions.” Jeremiah Burroughs, RJCC pg. 173

“ ‘This I recall to my mind, therefore have I hope’. Like a two-edged sword, his memory first killed his pride with one edge, and then slew his despair with the other. As a general principle, if we would exercise our memories more wisely, we might, in our very darkest distress, strike a match which would instantaneously kindle the lamp of comfort. There is no need for God to create a new thing upon the earth in order to restore believers to joy; if they would prayerfully rake the ashes of the past, they would find light for the present; and if they would turn to the book of truth and the throne of grace, their candle would soon shine as aforetime. Be it ours to remember the lovingkindness of the Lord, and to rehearse His deeds of grace. Let us open the volume of recollection which is so richly illuminated with memorials of mercy, and we shall soon be happy. Thus memory may be...when the Divine Comforter bends it to His service...chief among earthly comforters.” C.H. Spurgeon

B. Renew our minds with truth

We learn the skill of self-control, we build and guard, by renewing our minds with truth.

1. God’s Word is truth
“Do not be conformed to this world, but be transformed by the renewal of your mind...” Romans 12:2a ESV

“The law of the Lord is perfect, reviving the soul; the testimony of the Lord is sure, making wise the simple; the precepts of the Lord are right, rejoicing the heart; the commandment of the Lord is pure, enlightening the

eyes; the fear of the Lord is clean, enduring forever; the rules of the Lord are true, and righteous altogether. More to be desired are they than gold, even much fine gold; sweeter also than honey and drippings of the honeycomb. Moreover, by them is your servant warned; in keeping them there is great reward.” Psalm 19:7-11 ESV

“Sanctify them in your truth; your word is truth.” John 17:17 ESV

“All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be competent, equipped for every good work.” 2 Timothy 3:16 ESV

“For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.” Hebrews 4:12 ESV

“Finally brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.” Philippians 4:8 ESV

“For the time is coming when people will not endure sound teaching, but having itching ears they will accumulate for themselves teachers to suit their own passions, and will turn away from listening to the truth and wander off into myths.” 2 Timothy 4:3-4 ESV

“You keep him in perfect peace whose mind is stayed on you because he trusts in you. Trust in the Lord forever, for the Lord God is an everlasting rock.” Isaiah 26:3-4 ESV

“To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.” Romans 8:6 ESV

2. Talking to ourselves, or listening to ourselves?

“Have you realized that most of your unhappiness in life is due to the fact that you are listening to yourself instead of talking to yourself? We must talk to ourselves instead of allowing ‘ourselves’ to talk to us!...The main art in the matter of spiritual living is to know how to handle yourself. You have to take yourself in hand, you have to address yourself, preach to yourself, question yourself...And then you must go on to remind yourself of God, Who God is, and what God is and what God has done, and what God has pledged Himself to do.” Spiritual Depression, Its Causes and Cure, D. Martyn Lloyd-Jones, pg. 20-21

“The woman who helps me each morning is going through some difficult times. When she tells me her struggles, I could say, ‘Snap out of it. I’ve been paralyzed for 28 years. You only think you’ve got problems. But I need to look at her needs rather than my own. How can I bless her today? How can I be the balm of Gilead where she’s hurting? I must ask, ‘Out of my weakness, Lord God, would you please give me strength to minister to her.’ So we pray together and sing hymns together. We’ve stopped in the bathroom in between her brushing my teeth and combing my hair, and recited four stanzas of ‘May Jesus Christ Be Praised’. **These kinds of small, drastic steps of obedience become, miraculously, a blessing in her life and a strength to me.**” “Thriving With Limitations”, Leadership magazine, 1996

“Eve got into trouble when she walked in the garden alone. I have my worst temptations when I am by myself.” God in the Dark, The Assurance of Faith Beyond a Shadow of Doubt, Os Guinness, pg. 130

- a. What steps can we take?
- b. What help can we get?

C. Set our hope

We learn the skill of self-control, we build and guard, by setting our hope.

“Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead...” I Peter 1:3 ESV

“Our soul waits for the Lord; he is our help and our shield. For our heart is glad in him, because we trust in his holy name. Let your steadfast love, O Lord, be upon us, even as we hope in you.” Psalm 33:20-22 ESV

“Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.” Psalm 42:11 ESV

“And we know that for those who love God all things work together for good, for those who are called according to his purpose.” Romans 8:28 ESV

“What is your hope fixed on? Humans live by their hopes, you know, as surely as they live by the air they breathe.” Promises Kept, The Message of the New Testament, Mark Dever, pg. 322

1. What do we set our hope on?

2. Is our hope in how we feel?

“It is funny how mortals always picture us as putting things into their mind; in reality our best work is done by keeping things out. If this fails, you must fall back on a subtler misdirection of his intention. Whenever they are attending to the Enemy Himself we are defeated, but there are ways of preventing them from doing so. The simplest is to turn their gaze away from Him toward themselves. Keep them watching their own minds and trying to produce *feelings* there by the action of their own wills. When they meant to ask Him for Charity, let them, instead start trying to manufacture charitable feelings for themselves and not notice that this is what they are doing. When they meant to pray for courage, let them really be trying to feel brave. When they say they are praying for forgiveness, let them be trying to feel forgiven. Teach them to estimate the value of each prayer by their success in producing the desired feeling...”

Screwtape Letters, C.S. Lewis

3. Feelings are to follow, not lead.

“How do you do that? In this way—your business and mine is not to stir up our feelings, it is to believe...Now this is something we can do. I cannot make myself happy, but I can remind myself of my belief. I can exhort myself to believe, I can address my soul as the Psalmist did in Psalm 42: ‘Why art thou cast down O my soul, and why art thou disquieted within me? Hope thou’...believe thou, trust thou. That is the way. And then our feelings will look after themselves. Do not worry about them. Talk to yourself...’No, I do not feel anything, but whether I feel or not, I believe the Scriptures. I believe God’s Word is true and I will stay my soul on it, I will believe in it come what may.” Spiritual Depression, Its Causes and Cure, D. Martyn Lloyd-Jones, pg. 116-117

D. Go to War!

“For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ...” 2 Corinthians 10:4-5 ESV

“I have fought the good fight, I have finished the race, I have kept the faith. Henceforth there is laid up for me the crown of righteousness, which the Lord, the righteous judge, will award to me on that Day...” 2 Timothy 4:7-8 ESV

1. I don’t feel like fighting!

“We do well to follow Paul in his realistic estimate of the entrenched power of unbelief and pride in the human mind. Only the right weapons will subdue and capture this proud fortified rebel who places himself over

God: those right weapons are the words of God.” The Message of 2 Corinthians, Barnett

2. But fight we must!

“The battle of Christian with Apollyon lasted three hours, but the battle of Christian with himself lasted all the way from the Wicket Gate to the river Jordan.” Morning and Evening, June 2, C.H. Spurgeon

E. And lastly, we end with God

“Therefore he had to be made like his brothers in every respect, so that he might become a merciful and faithful high priest in the service of God, to make propitiation for the sins of the people. For because he himself has suffered when tempted, he is able to help those who are being tempted.” Hebrews 2:17-18 ESV

“For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.” Hebrews 4:15-16 ESV

“And behold, I am with you always, to the end of the age.” Matthew 28:20b ESV

RECOMMENDED RESOURCES

GENERAL

- **Feelings and Faith: Cultivating Godly Emotions in the Christian Life**, Brian S. Borgman
- **Will Medicine Stop the Pain?: Finding God's Healing for Depression, Anxiety, and Other Troubling Emotions**, Laura Hendrickson and Elyse Fitzpatrick
- **The Roots of Endurance, Invincible Perseverance in the Lives of John Newton, Charles Simeon, and William Wilberforce**, John Piper
- **Soul Depths and Soul Heights**, Octavius Winslow
- **God in the Dark: The Assurance of Faith Beyond a Shadow of a Doubt**, Os Guinness

ANGER

- **Uprooting Anger: Biblical Help for a Common Problem**, Robert Jones
- **Anxiety, Anger, and Escapism**, David Powlison (this is a PDF, so please email womensministry@covlife.org if you would like a copy)

DEPRESSION

- **Spiritual Depression, Its Causes and Cure**, D. Martyn Lloyd-Jones
- **Depression: A Stubborn Darkness--Light for the Path**, Ed Welch
- **When the Darkness Will Not Lift**, John Piper

FEAR

- **Running Scared: Fear, Worry, and the God of Rest**, Ed Welch
- **A Shelter in the Time of Storm: Meditations on God and Trouble**, Paul Tripp

GRIEF

- **From Grief to Glory, Spiritual Journeys of Mourning Parents**, James W. Bruce
- **When God Weeps**, Joni Eareckson Tada
- **O Love That Will Not Let Me Go**, Nancy Guthrie

JOY

- **When I Don't Desire God: How to Fight for Joy**, John Piper
- **A Quest for More**, Paul Tripp
- **The Hidden Smile of God, The Fruit of Affliction in the Lives of John Bunyan, William Cowper, and David Brainerd**, John Piper

SUFFERING

- **How Long, O Lord**, D.A. Carson
- **Be Still My Soul**, Nancy Guthrie
- **Beside Still Waters**, C.S. Spurgeon
- **Holding on to Hope: A Pathway Through Suffering to the Heart of God**, by Nancy Guthrie
- **Trusting God**, Jerry Bridges

The CCEF website (www.ccef.org) has a number of articles, video clips and blog entries on different topics. Following are just a few:

- <http://www.ccef.org/understanding-influences-human-heart-0> ("Understanding the Influences on the Human Heart" by Dr. Michael R. Emlet)
- <http://www.ccef.org/hope-depressed> ("Hope for the Depressed" by Ed Welch)
- <http://www.ccef.org/how-do-i-help-friend-through-postpartum-depression> (Brief video by Mike Emlet on post-partum depression)
- <http://www.ccef.org/what-do-feelings-have-do-love> (Brief video by Alasdair Groves on how to live when feelings don't match the truth)
- <http://www.ccef.org/depression-purely-biological> (Brief video by David Powlison on depression)