



# Hot Seat Series #2

## Emotions and False Beliefs

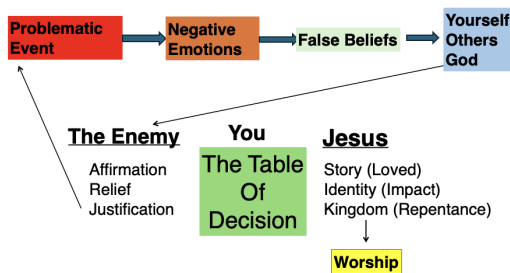
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3-16-25

We are in the second Sunday of week, 6 Sundays and 40 days before Easter. Lent creates space to make an inward look: *Why did Jesus have to die for ME?* It is a readjustment and being disciplined by the calendar to celebrate Easter: to get excited that Jesus rose from the dead and gives us an opportunity today to walk fully alive with him. This is exciting!



In processing this inward look, the Hotseat Model of discipleship teaches us to ask good questions, to identify what is happening inside us, and to live in the way of the Gospel. What is important to understand about this is that it is all about **AGENCY**: *you have a choice*. People in general do not feel they have agency or choice. The reality is that in the very detailed parts of me, I do have choice. Sometimes they are harder and not neutral.

This is a simple chart that illustrates the Hotseat Model.



1. (RED) We start with an **EVENT**: we have plenty of problematic events that produce negative emotions, usually an average of 6 per day.
2. (Orange) **Negative Emotions**
3. These emotions produce **beliefs** that are usually **false** and about ourselves, others, and God. This sequence of an Event, Negative Emotions, and False Beliefs happens really fast and gets messy very quickly. Understanding and incorporating the Hotseat

Model helps you slow down and choose the Gospel in the midst of these emotions and beliefs.

4. Jesus is a choice I can make that causes me to walk into worship
5. The enemy affirms our false beliefs so we can continue the negative cycle








## Negative Emotions

Today, let's talk about negative emotions.

First, we must understand that we are created in God's image and that God is emotional.

### God Feels . . .

We often forget that God feels; we have feelings because God has feelings.

-  Joy
-  Sorrow
-  Compassion
-  Anger
-  Longing
-  Delight
-  Jealousy

Let's look a few of these:

**Joy:** Zephaniah 3:17 (NIV) – The Lord your God is with you, the Mighty Warrior who saves. He will take **great delight** in you; in His love, He will no longer rebuke you, but will **rejoice** over you with singing.

God has **joy** when He sings over us!

**Sorrow:** Genesis 6:6 (NIV) – The Lord regretted that He had made human beings on the earth, and His heart was **deeply troubled**.

God is deeply troubled and has **sorrow** because people have walked away from Him.

**Compassion:** Isaiah 49:15 (NIV) – Can a mother forget the baby at her breast and have no **compassion** on the child she has borne? Though she may forget, I will not forget you!

God has **compassion**: there really isn't an English word to describe this. This is similar to a mother and her baby: he feels for you!

**Anger:** Mark 3:5 (NIV) – He looked around at them in **anger** and, deeply **distressed** at their stubborn hearts, said to the man, 'Stretch out your hand.' He stretched it out, and his hand was completely restored.

God is **angry** at their hearts and the way they are treating someone. This happens because of impact: it's not in a vacuum.

**Longing:** Matthew 23:37 (NIV) – Jerusalem, Jerusalem, you who kill the prophets and stone those sent to you, how often I have **longed** to gather your children together, as a hen gathers her chicks under her wings, and you were not willing.

Catch this: God is all powerful and sovereign yet he has given us free will. But in the middle of this, he **longs** for relationship. He doesn't want to force this.

**Delight:** Psalm 147:11 (NIV) – The Lord **delights** in those who fear him, who put their hope in his unfailing love.

**Jealousy:** Exodus 34:14 (NIV) – Do not worship any other god, for the Lord, whose name is **Jealous**, is a jealous God.

God is **jealous**: this would be like my wife showing affection for another man, this is MY affection that is due me and being given away.

Emotions are complex so we want to deal with primary emotions first:



Primary Emotions

These are innate, universal, and automatic emotions that arise immediately in response to a situation.

Someone says something to you and you immediately feel something: You don't choose it, it just happens.

Primary emotions with some secondary emotions are important to know and identify; these are my masterlist.

Primary Emotions/Surface Emotions

- **Happiness** (joy, pleasure)
- **Sadness** (grief, sorrow)
- **Fear** (anxiety, terror)
- **Anger** (frustration, rage)
- **Disgust** (revulsion, avoidance)
- **Surprise** (shock, amazement)



**BLACK** = positive

**RED** = neutral, depending on context whether positive or negative, For example, Surprise could be if someone does something really bad out of character and therefore would be negative.

**BLUE** = negative. Notice the emotions that are connected with each of these.

Notice the places and contexts these emotions usually occur:

**Problematic Event**

- Family
- Romantic
- Friendship
- Church
- Workplace
- Neighborhood

**Negative Emotion**

- Sadness
- Fear
- Anger
- Disgust
- Surprise

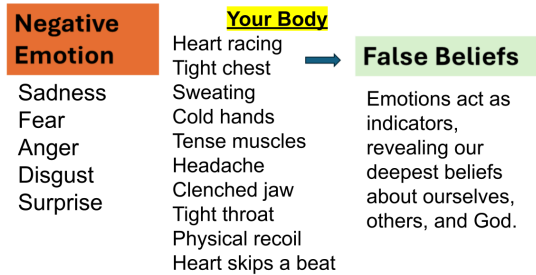
1 Peter 5:8 (NIV) **Be alert and of sober mind.** Your **enemy the devil** prowls around like a roaring lion looking for someone to devour. 9 **Resist him, standing firm** in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings.

Why the primary emotions are important is because they are a window into your soul: ***the place where the enemy attacks you.***

1 Pet 5:8 Peter was living in an anti-christian culture, mocked, and even burned at the stake, with constant harassment. The Hostset Model is based on being alert and sober-minded. We are not really aware of these emotions which the

enemy uses to tell us entire stories that play in our heads over and over.

For example, I wake up and get dressed and my wife says “you’re going to wear that?” This is a moment for the enemy to attack me. I make beliefs about myself, my wife, and even God based on this. We need to be alert to where these happen and are most present. This Hotseat Model brings the gospel into these experiences.



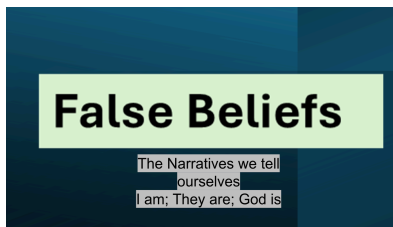
We may be unaware of emotions in my mind but my body is very aware of them and feels them in various ways. Let’s go through these:

Pay attention to my body:

**Headaches:** could be dehydration but many times, headaches are linked to you having an emotional experience. Before you take medicine, ask yourself, what just happened? Were there emotions or an event that was hard to deal with? Headaches are often clues that we need to process something.

Fighting the enemy has a lot to do with understanding how the body is responding, noticing my internal experiences. We are mostly in our heads as Westerners: if we can understand these emotions, they become important clues to a bigger false narrative that we believe. I really want to emphasize how important it is to know what is happening in your body.

The false beliefs come from emotions:



I am...

They are ...

God is ...

**False Beliefs** **Ourselves (I AM)**

You know these!

Examples:

*I am unlovable, incapable, or unworthy.*

*I am a failure because I didn't meet expectations.*

*I am invisible; no one values me.*

*I am a burden to others.*

**False Beliefs****Others (THEY ARE)**

Examples:

*They are against me, they don't care, or they are unsafe.*

*They are intentionally ignoring me.*

*They don't respect me.*

*They always let me down.*

**False Beliefs****God (GOD IS)**

Examples:

*God is distant, uninterested, or withholding.*

*God doesn't see me.*

*God is disappointed in me.*

*God blesses others but not me*

These are the stories you tell about other people within problematic events: notice that the people who cause these in my life already have lots of narrated events in my mind and we can tell these to other, which turns into gossip. We need to be aware of these.

This is a little harder: we have been taught who God is and when we have false beliefs about God, we have cognitive dissonance. I know he is not unloving, but I think he is. We hope that as we care about each other, we can honestly say these false beliefs.

Remember, each day we will probably have **6 problematic events**.

The Old Testament is full of examples of people having emotions and false beliefs. Here is a narrative from

**I Sam 1:1-8**

**1-2** There once was a man who lived in Ramathaim. He was descended from the old Zuph family in the Ephraim hills. His name was Elkanah. (He was connected with the Zuphs from Ephraim through his father Jeroham, his grandfather Elihu, and his great-grandfather Tohu.) He had two wives. The first was Hannah; the second was Peninnah. Peninnah had children; Hannah did not.

**3-7** Every year this man went from his hometown up to Shiloh to worship and offer a sacrifice to GOD-of-the-Angel-Armies. Eli and his two sons, Hophni and Phinehas, served as the priests of GOD there. When Elkanah sacrificed, he passed helpings from the sacrificial meal around to his wife Peninnah and all her children, but he always gave an especially generous helping to Hannah because he loved her so much, and because GOD had not given her children. But her rival wife taunted her cruelly, rubbing it in and never letting her forget that GOD had not given her children. This went on year after year. Every time she went to the sanctuary of GOD she could expect to be taunted. Hannah was reduced to tears and had no appetite.

**8** Her husband Elkanah said, "Oh, Hannah, why are you crying? Why aren't you eating? And why are you so upset? Am I not of more worth to you than ten sons?"

Elkanah has 2 wives (already problematic) and one can have children (Peninnah) and one can't (Hannah).

Hannah sits across from Peninnah, her husband Elkanah's other wife, at the family meal in Shiloh. The air is thick with tension. Peninnah smirks, her children gathered around her, while Hannah sits with empty hands and a hollow ache in her chest. Once again, Hannah has no child to present. Peninnah's voice cuts through the gathering, her words coated in false sweetness but sharpened like a blade:

*The Lord has truly blessed me with such wonderful children! Hannah, I suppose not everyone is meant for motherhood.*

The room stills. Hannah feels her stomach tighten, her chest grow heavy, her face flush with **anxiety and shame**. The words sting not just because they are cruel but because they land on a wound already wide open.

These events land in wounded places. The text ends with her husband saying, am I not worth more than 10 sons?

*Because the Lord had closed Hannah's womb, her rival kept provoking her in order to irritate her. This went on year after year. Whenever Hannah went up to the house of the Lord, her rival provoked her till she wept and would not eat." (1 Samuel 1:6-7, NIV)*

1. **False Belief About Herself:** I am worthless because I cannot have children. I am a failure, and everyone knows it.
2. **False Belief About Others:** They see me as insignificant. Elkanah doesn't really understand my pain.
3. **False Belief About God:** God has abandoned me. God is withholding something good from me.



## Questions to get someone to identify emotions and false beliefs:



1. Can you walk me through what happened and how it impacted you?
2. What emotions are coming up for you as you think about this?
3. If you pay attention to your body, where do you feel this emotion physically?
4. It sounds like you were . . .

People often start out talking about things in generalized terms: it is best to go after the thing you think is the emotion: "It sounds like you were..." and then the person will correct you.

To get them to go from emotions to false beliefs, ask these questions:



1. When you feel this way, what accusation do you hear about yourself?
2. When you feel this way, what do you believe to be true about "X"?
3. When you feel this way, how do you assume others see you?
4. When you feel this way, what do you believe about God?
5. Based on your beliefs about yourself and others, what is implied that you believe about God?

Number 5, is key because what we believe about ourselves and others are clues to find what we believe about God.

Here is an real-life example that I want to hotseat in my life right now with you:



How was your week? **I had a couple of hard things**

Which stood out to you? **During Rod's sermon he said it was one of the worst sermons I have ever preached.**

It sounds like you were surprised? **I was shocked because I had stated publicly that it was one of my best sermons!**

What part of your body did you feel this?

What did you believe about Rod? **That he doesn't think about me when he says stuff about me**

What were you believing about yourself? **Maybe I don't understand how I impact people.**

Where was God in that moment? **Sometimes he enjoys setting me up for failure or exposure so I can learn something; God delights in making me suffer**

Sounds like you were angry? **Yes I was**

Did you have any other additional feelings? **anger**

What does that tell you about your job as a pastor? **I shouldn't have done Daniel's sermon; I was stupid**

It sounds like you felt exposed! **Yes, I had shame**