

Our Journey - - The Season of Formation

Foundational Text - - Romans 8:29 Mirror Translation

For those He foreknew -- He also predestined to be conformed to the exact image of His Son.

Continuing Our Ascent - - The Awakening Leg

June 14, 2026

Sermon Title - - As a Man Feels – So Is He

Sermon Text - - John 14:1 New King James

Let not your heart be troubled; you believe in God, believe also in Me.

Introduction

A few weeks back – I laid a foundation for this entire leg of our journey – which I am calling the Awakening Leg ... I gave you a 30,000-foot view of three key kingdom principles ... The first view I shared came from the concept – “As a man thinks in his heart – so is he” ... We spent the last few weeks unpacking that principle ... We took a look at how our mind functions ... We talked about being fully aware of our thought process ... Our responsibility to take every thought captive – and the consequences if we don't ... And probably the most encouraging part of that principle was ... You can actually rewire your mind – in order to get rid of that old stink-in think-in ... It is proven science – which Paul knew by the Spirit when he penned – Be transformed by the renewing of your mind.

There was a second piece to that foundation that I shared – that I would like us to do a deep dive into ... This principle centers on the concept of belief ... It explores the connection between the mind and the heart ... And it takes us into territory most of us were never taught to navigate – the realm of feelings.

So, this morning – I want to give you a 30,000-foot view of this concept of the heart ... Let me start by telling you a little known truth ... The heart is not simply a reaction chamber for

whatever the mind produces ... The heart has its own means of perceiving ... Its own way of knowing ... In essence – it is our second brain ... Let me say it this way ... Have you ever been in a situation – where your mind was telling you one thing – and your heart was telling you something completely different? ... That tension you just felt – between what the mind was saying and what your heart was saying – wasn't confusion ... That was two different means of perception happening at the same time ... So, this morning – let break this down so that we can have a basic understanding of how they function.

The Heart is More than Just an Echo Chamber for the Mind

John 14:1 NKJV

Let not your heart be troubled; ... you believe in God, ... believe also in Me.

Notice what Jesus is saying here ... This is easily overlooked if you don't pay attention ... Jesus addresses two different means of perception and thought processes ... Now catch this – He first addresses the heart as a separate entity ... He said in essence – much the same way when Paul said – take every thought captive ... Jesus said - - Don't let your heart be troubled ... Don't let the situation control the feelings of your heart ... You take control of your feelings ... This is extremely significant – as it conveys to us – the heart is more than a reactionary organ – but it has a perception all its own.

We tend to believe – the heart is simply a place feelings reside – and those feelings are simply triggered by our thought process ... Now to a point – that is true – because as a man thinks – he will also feel ... If we have fearful thoughts – they will generate fearful feelings ... So yes – the mind generates thoughts and there are corresponding feelings associated with those thoughts.

But that is not the complete picture – or Jesus would have just simply addressed the mind ... But notice He addressed that second when He said – “You believe in God – believe also in Me” ... We tend to think of belief as a condition of our thought process ... We gather information and come to a conclusion – which can be feeling neutral ... So, if belief is not purely a

conclusion the mind arrives at – what is it? ... Paul gives us the answer – and it requires us to look at feelings – in a way most of us never have.

Some Feelings are Reactions while Some Feelings are Knowing

Romans 10:9-10 New Living Translation

If you confess with your mouth that Jesus is Lord ... and believe in your heart - - that God raised him from the dead – you will be saved ... For it is by believing in your heart – that you are made right with God.

I'm sure we have all read – and or heard – this text thousands of times ... But did you ever stop and listen closely to what it is actually saying? ... Paul clearly makes a distinction here between the mind and the heart ... We were taught and grew up thinking – belief was a head issue – a knowledge issue – an intellectual issue ... See – we believed it – if you could explain it – defend it – prove it – then you actually believed it.

But here we find Paul clearly stating that belief is a heart issue ... That being made right with God – is much more than an intellectual understanding of theology or doctrine ... Belief goes much deeper than doing an analysis of the facts and coming to a conclusion – that is what AI can do – and if you ask it – it knows it is not saved ... So let's talk honestly about feelings – because I believe there are actually two different types – and we have been lumping them together our entire lives.

So first – we have what I will call – “Reactive Feelings” ... We know what those are as I have addressed them numerous times ... Reactive feelings are those feelings that result directly from our thoughts ... You think about a bill you can't pay – and anxiety rises ... You think about something someone said to you – and an offense arises ... So, reactive feelings are simply your soul's response to what your mind is directly processing ... This is why when you refocus – and take your thought captive – then replace it with another thought – your feelings will change.

Now here is the feeling many of us probably know very little about ... And let me tell you why ... The new age folk have labeled it – Intuition ... And of course, we as Christians have been told to run far away from anything that is new age ... So, I will relabel it and address it from a biblical point of view.

This second type of feelings – I will call Perceptive feelings ... These feelings are not generated by a thought – in fact they can be the exact opposite of a thought ... They are not reactive to anything that is happening around you – in fact they can be the exact opposite of the situation ... Perceptive feelings are when your inner man is in complete harmony with the Holy Spirit ... When your spirit and soul are resonating at the same frequency with the Holy Spirit.

Paul actually describes this in 1 Corinthians 2:11 - - - "For who can know a person's thoughts except that person's own spirit – and no one can know God's thoughts except God's Spirit." ... There is a knowing – that happens spirit to Spirit ... This knowing often arrives as a feeling – a sense – a perception – that has no basis in reason nor thought ... That is how Jesus was asleep – at peace – in the midst of the storm – when his disciples woke Him up all freaked out.

So, if perceptive feelings are a result of your spirit resonating with the Holy Spirit – in agreement with what He says is true – then this is not just an interesting category of feeling ... This is the very mechanism by which our faith is activated.

As a Man Feels – So Is He

Hebrews 11:1 Amplified

Now faith is the assurance – the confirmation – the title deed – of the things we hope for – being the proof – of things we do not see – and the conviction of their reality.

I hope you caught those very specific words used by Paul – assurance – confirmation – title deed – as these are not reactive feelings per-say ... See, our mind rarely thinks in a manner of “assurance” as it will always present us with doubt ... No – these are perceptive feelings from

our spirit resonating in harmony with what God has declared to be true – regardless of what we see – or the thoughts – we may have.

This is how two people can be involved in a similar situation – yet react completely differently ... I remember shortly after Mary had died ... Delores basically expressed to me how she was surprised how well I seemed to be handling what happened ... She said if it was her – she would still be a basket case – as the death of her husband had been bothering her for years ... I remember what I said back to her ... “Well, if my faith doesn’t work – then what is the point” ... I never really thought about that response – which kind of shocked me when I said it ... Because it was just one of those things that pops out of your mouth without thinking ... But what I was basically saying was this – in light of this point ... I have an inner assurance – an inner confidence – that she was fine – and that I would be fine ... It was a deep knowing that certainly was not a reactive feeling – as my head was swirling for months and my heart was truly broken ... But it was well with my soul – because I had a belief – an inner resonance – that gave me a peace – that this world could never give.

I used a play on words for this last point – “As a Man feels - So is He” ... It is critical we understand our heart is the place of peace – while in the midst of the storm ... The place of rest – while in the midst of turmoil ... For too long we have allowed our “reactive feelings” to rule the day ... Now that we have learned there is another – completely different set of feelings – “perceptive feelings” – which function in harmony with the Spirit ... It is high time we learn how to function – purposely – by those.

Takeaway

This week – I want you to put into practice the same type of things I have already shared with you ... I have already told you the importance of “Awareness” ... Being fully aware of your thought life ... Now I want to add your feeling life ... But with a twist ... I want you to learn to identify what are “Reactive feelings” – and what are “Perceptive feelings”.

So again – reactive feelings are purely thought driven ... For example – you have bills that come in that you are not sure how you are going to pay ... Your mind is going a mile a minute – trying to figure out how to work out this issue ... You start feeling anxious – maybe frustrated – or whatever ... Those are reactive feelings ... So just identify them for what they are ... Get to learn them and how they feel ... Honestly – for most of us – this is a no brainer as we have lived all our life this way.

This will be the harder one to identify – perceptive feelings ... Let me help you with this one ... Those feelings are there also – at the same time the reactive feelings are in full blown manifestation ... The reason you can't perceive them is because of where you place your attention ... When the situation captures your attention – reactive feelings are in control ... But if you will purposefully shift your attention from the problem – to your God – then the perceptive feelings have an opportunity to flow ... We will get deeper into this as we continue through this mini-series ... Let me leave you with this verse to meditate upon:

Psalm 27:13 New King James Version

I would have lost heart, - - unless I had believed - - That I would see the goodness of the Lord -
In the land of the living.