

June 21, 2026

## **Sermon Title - - Feelings Running Amuck**

### **Sermon Text - - Mark 4:38-41 New King James**

But He was in the stern, asleep on a pillow ... And they awoke Him and said to Him, - - "Teacher, - do You not care - that we are perishing?" ... Then He arose and rebuked the wind, and said to the sea, - - "Peace, be still!" ... And the wind ceased and there was a great calm ... But He said to them, - - "Why are you so fearful? ... How is it that you have no faith?" ... And they feared exceedingly, and said to one another, - - "Who can this be, that even the wind and the sea obey Him!"

### **Introduction**

Last week I opened the door to the world of feelings ... I stated that there are two sets of feelings that humanity deals with ... The first one I called – Reactive feelings ... Those are the feelings that are generated directly from your thoughts or thought process ... For example – you receive an unexpected bill – that situation produced thoughts of – how am I going to pay this bill ... On the heels of those thoughts come the feelings of anxiety and fear ... Now catch this as we must be honest with ourselves ... We all experience this cycle of thoughts and feelings throughout our entire day ... Our thoughts will generate corresponding feelings

The other set of feelings are not as well known ... I called them Perceptive feelings ... These feeling are generated by the Holy Spirit – regardless of the external circumstances ... Perceptive feelings can also be viewed as Intuition – or intuitive feelings ... Intuition is that deep – settled knowing that emanates from the inside ... It is a peace that comes completely apart from thoughts.

I want to interject a reminder here – so we don't misunderstand what I have been sharing on this part of the journey ... When I teach a concept – I like to break it apart – for the sake of understanding ... But the danger in breaking something apart is – forgetting to put it back together ... So let me remind you – we are an organic being – flesh and spirit – blended together

– working in synchronization at all times ... We are not split into separate compartments – working independently of each other ... So, understand this – reactive feelings and perceptive feelings – are not an either or – they are a both ... They are happening at the same time ... The only difference is the source of their generation ... So, remember – I explain things in segments for easier understanding – not as a means of functioning.

### **Mark 4:38-40 New King James**

But He was in the stern, - asleep on a pillow ... And they awoke Him and said to Him, - - "Teacher, - do You not care - that we are perishing?" ... Then He arose and rebuked the wind, and said to the sea, - - "Peace, be still!" ... And the wind ceased and there was a great calm ... But He said to them, - - "Why are you so fearful? ... How is it that you have no faith?"

Now catch this mystical nugget before we jump in deep ... There is a foundational principle here – that we all need to grasp ... Both type of feelings I named are running simultaneously ... But the question becomes – which one of those sets of feelings – will you allow to control your behavior? ... The disciples were obviously functioning from “reactive feelings” ... They allowed the situation – to create negative thoughts – which produced the emotion of fear ... But notice Jesus’ reaction ... He was obviously experiencing the same situation – but His thoughts were ones of faith – which produced the emotion of peace ... This caused Jesus to speak three simple words – “peace be still” – which completely resolved the issue ... So, let’s look deeper into what Jesus knew – and we are missing

### **Both Type of Feelings are Always Running**

#### **John 14:27 Passion Translation**

"I leave the gift of peace with you – my peace ... Not the kind of fragile peace given by the world – but my perfect peace ... Don't yield to fear – or be troubled in your hearts – instead – be courageous!"

In John 14 – Jesus is sharing some deep – rich truths ... When He gets to verse 27 – He identifies that there are two types of feeling that are occurring at the same time ... He identifies them as peace and fear ... **Let me drop a little spiritual nugget here** ... Jesus wasn't simply pointing out a truth about feelings ... The nugget behind what He was saying is - - What feeling you give your attention to – will determine how you resolve – the present situation.

Now – let's go a bit deeper into what Jesus was sharing here ... First – notice He draws a contrast between this feeling – we call peace ... The first thing He identifies is that peace can originate from two different places ... One is from the world – the other is from His Spirit ... Let's break it down this way ... Worldly peace comes from reactive feeling ... When life is going smoothly – and our contentment is generating peaceful thoughts – those thoughts will generate feelings of peace ... But did you catch what Jesus said about this kind of peace? ... He said it was fragile – why – it is circumstance – and thought driven.

Now catch this – the peace that comes from the Spirit is perceptive – intuitive peace ... This type of peace is not based in circumstances – it is based in truth ... When you know – that you know – God loves you – God only has good things for you – that all things work together for the good ... Then no matter what you are dealing with in this realm – His peace is always there.

Now here is what many overlook ... Jesus says – “Don't yield” ... He says – don't give your attention to those reactive feelings that are being driven by the situation you are dealing with ... He basically says – give your attention to your intuition ... Focus inwardly and you will find true peace ... That peace that will pass all understanding while you are in the midst of the storm ... That peace that will allow you to get in harmony with the mind of Christ so that you may make those kingdom decisions – which prompted Jesus to say - - Peace be Still.

Unfortunately – this realm has created coping mechanisms in which to deal with those uncomfortable reactive feelings like fear and a troubled heart ... They may be beneficial for reactive feeling – but they have devastating consequences for perceptive feelings.

## **Suppression Silences both Sets of Feelings**

### **1 Thessalonians 5:19 -- The Message**

Don't suppress the Spirit.

Now here is where this becomes urgent ... If both feelings are always running simultaneously – and your attention is solely focused on your reactive feelings – which they always are ... Then how you handle those feelings will also affect your intuitive feelings.

Most of us were taught to handle a difficult – emotional situation by suppression ... We were taught to simply suck it up – put on that smiley face – push those feelings down – and keep on moving forward ... We know in the long run this never works – but it can be a short-term fix – so that is why so many people continue to use this method ... On a side note – to step back a bit – let me remind you about our collision leg of our journey ... Remaining in the tension of the situation – fully feeling the emotional turmoil – was an important factor in gaining valuable revelation ... If you continue to practice emotional suppression – you will mess up the collision part of your formation journey.

Here in 1Thess. 5:19 – Paul clearly tells us not to “suppress” the Spirit – or in context – we can say emotions ... Every time you feel that reflex to bury – to smile – to simply suck it up – you are not simply managing your reactive feelings – but you are also suppressing your perceptive feeling – the Spirit’s means of communication ... Here is an important truth to grasp ... Suppression doesn’t give you your control back – it simply gives you silence ... And that silence brings about a dangerous set of consequences.

## **The Danger of Never Perceiving**

### **Hebrews 5:14 New King James**

But solid food belongs to those who are of full age – that is – those who by reason of use – have their senses exercised – to discern both good and evil.

This verse tells us something significant ... Discernment – the capacity to perceive – is not automatic ... It is exercised – it is trained – which means the opposite is also true ... The ability to discern – if never exercised – atrophies – weakens – and becomes harder and harder to access ... Discernment is sharpened “by reason of use” – by exercise – by staying in those moments of tension – listening for that small still voice.

Now catch this – every time you bury or suppress those “reactive feelings” – you are diminishing your capacity to discern and gain revelation on how to handle the situation ... Let me say it this way ... When you bury the hurt – you silence the Comforter’s voice ... Every time you suppress the pain – you inhibit the Healer’s ability to bring healing ... This is why you know the promises in your head ... But you never feel them in your heart ... You believed suppression was the healing ... But suppression is the very thing keeping you in bondage.

Jesus was in the midst of the storm – disciples freaking out – the storm raging – water filling the boat ... He didn’t suppress His reactive feeling – He simply turned His attention inwardly – heard that still small voice in His spirit – and simply repeated what He heard ... Peace – Be Still ... Problem solved!

### **Takeaway**

This week – when you find yourself in a “reactive feeling” state – resist the natural reflex to suppress – to bury – to simply suck it up ... Begin to clearly identify that trigger – which causes you to go into suppression mode ... Learn what it feels like and use it as an indicator – not to go there.

Reminder - - - The focus of this journey is – Becoming ... Becoming transformed into the exact image of Christ ... You don’t become by “Doing” ... You become by “Being” ... Being begins with identification ... You must identify the cause of – why you are – the way you are ... Let me help you with that ... As you Think – so Are You ... You think and feel the way you do -

because you have been trained to do so ... It is time to fully awaken to that fact – and start asking yourself those - - Why Questions ... Why did I think that ... Why did I feel that ... And once you ask – don't suppress ... Listen