

Nothing More Than Feelings

From: Know and Believe:

A Lifetime Journey toward Rediscovering God's Love for You

Taken from Chapter 29: Nothing More Than Feelings

by C. D. Hildebrand

Perhaps you've been in a church service, and it seemed everyone was getting blessed but you. Some were rejoicing, others weeping, but you sat still and felt nothing. Maybe you knelt at your seat to pray so no one would notice you were the only one not at the altar.

I went through a season like this. The message of grace we were preaching was awakening everyone who heard it just as it had done to us so many years before. It was such a joy to see the change God was bringing in each life, but for some reason, my feelings were flat. I ran the routine of ideas about why I might feel that way. Maybe I was simply weary. Perhaps I was just getting older. Eventually, my lack of emotions caused me to wonder if something might be *wrong* with me spiritually—or that God might be disappointed in me.

One afternoon when it seemed I might break down and cry about it, I turned to the Lord with my perplexing thoughts, trusting that, just like always, He would help me figure it out. I was thinking He'd reveal the problem to me over time, but instead, in that instant and very clearly, He spoke to my heart and said, "Cathy, I'm not asking you to *feel* I love you. I'm asking you to **know and believe** the love I have for you." Instantly, the scripture below came to mind.

The peace that came over me at that moment was beautiful as I realized I was worried about what I *felt*, not about what I knew to be true—not about what I believed. I didn't doubt God's love for me. It was as if God reached down and found the precise knot to untie and unraveled my concerns. Instead of tears of sadness, came tears of joy. All was ok with God and me.

1 John 4:12-16

No one has seen God at any time. If we love one another, God abides in us, and His love has been perfected in us.

¹³*By this we know that we abide in Him, and He in us, because He has given us of His Spirit.* ¹⁴*And we have seen and testify that the Father has sent the Son as Savior of the world.* ¹⁵*Whoever confesses that Jesus is the Son of God, God abides in him, and he in God.* ¹⁶***And we have known and believed the love that God has for us. God is love, and he who abides in love abides in God, and God in him.***

The peace of this moment is what inspired the title of this book. No matter what we are going through and even if our feelings vary, God loves us. He isn't demanding we *feel* anything. He wants us to know and believe in His love. He has proven His love to us through the death of His Son. He wants us to receive this gift without doubting, no matter how things look or how we feel.

Some days when pondering God's love for me, it's difficult to bear its wonderfulness. Other days, I just live my life mostly with knowledge and faith in His love. It doesn't mean I love Him less or that He loves me less on any given day.

Feelings are a response to so many things—our health, hormones, what we think, and even just being bombarded by all the evil and negativity in our world wears us down. No matter what the reason is for why we feel how we do, we can live confidently in His love for us. He is not disappointed with us if we don't get emotional every time we think of His love. He knows all about what's going on in our hearts and lives. What pleases Him is our faith in His love.

*You are worthy,
Worthy to be praised.
You are worthy
Each and every day.
You are wonderful,
Marvelous,
Amazing,
Mighty.*

*You are worthy
No matter how I feel.
You are worthy.
Your promises are real.
So, no matter what
I feel today
You're worthy,
Worthy to be praised.¹*

¹ "You Are Worthy" a song by © C. D. Hildebrand