

John 13

Monday, March 24, 2025 8:00 AM

BEHAVING YOUR WAY INTO GOOD FEELINGS

If you know these things, you are blessed if you do them. **John 13:17**

What happened to humanity emotionally as a result of the Fall?

For one thing, we became fearful and anxious. One of the first emotions expressed by fallen humanity was fear (**Genesis 3:10**). Today, fear is crippling our relationships and activities. Fear is a result of the Fall. If fear is controlling your life, then faith is not.

Another emotional by-product of sin is shame and guilt. Before Adam and Eve disobeyed God, they were naked and unashamed (**Genesis 2:25**). God created them as sexual beings. Their sex organs and sexual activity were holy. But when they sinned, they were ashamed to be naked, and had to cover up (**Genesis 3:7**). Many people mask their inner self in fear that others may see them for who they really are.

Humanity also became depressed and angry after the Fall. Cain brought his offering to God, and God was displeased with it for some reason. As a result, "Cain became very angry, and his countenance fell. Then the LORD said to Cain, 'Why are you angry? And why has your countenance fallen? If you do well, will not your countenance be lifted up?'" (**Genesis 4:5-7**).

I believe God established a principle that echoes throughout the Bible: You don't feel your way into good behavior; you behave your way into good feelings. You don't feel like doing many things, but you do them. I never feel like going to the convalescent hospital to minister. And the moment I step in the door, the smell alone does away with any positive feelings of wanting to continue. But I always leave feeling great; I'm glad I went. Good feelings follow the right behavior. Jesus said, "If you know these things, you are blessed if you do them" (**John 13:17**).

(Neil Anderson)

Lord, help me do what You want me to do even when it seems unpleasant. I seek Your blessing for obedience.