

Date: 20th August, 2017

Series: The 7 Commandments of Foolishness

Topic: 3rd Commandment: If It Feels Good, Do It!

The book of Proverbs emphasizes the importance of wisdom in our daily living, and Proverbs chapter 4 says *getting wisdom* is the most important move a person can ever make:

“⁵Get wisdom; develop good judgment. Don’t forget my words or turn away from them. ⁶Don’t turn your back on wisdom, for she will protect you. Love her, and she will guard you. ⁷Getting wisdom is the wisest thing you can do! And whatever else you do, develop good judgment. ⁸If you prize wisdom, she will make you great. Embrace her, and she will honor you. ⁹She will place a lovely wreath on your head; she will present you with a beautiful crown.” – **Proverbs 4:5-9 (NLT)**

As previously seen from the seven commandments of foolishness – Thou Shall Not Think and Thou Shall Not Be Serious – the bible places a premium on wisdom and its importance in our lives cannot be over-emphasized, considering that to successfully fulfill destiny, we should not rely on templates (that is, preset formats for handling different situations), but fully rely on and ask God for wisdom daily. We should not wait till life, through difficult circumstances, forces us to think but we should actively engage careful thoughts and planning. Engaging our minds positively and relying on God's wisdom produce great results.

Today, examining the 2nd commandment, *“If it feels good, do it,”* we see that if we plan to remain within the confines of foolishness, we must base all our decisions on emotions of the moment such as impulse spending, one night stands, quickie marriages, quicker divorce situations, and other similar on-the-spot emotional decisions.

The passage above, Proverbs 4, urges us to seriously get wisdom; getting godly wisdom is synonymous to getting Jesus into our hearts and lives, because knowing and following Jesus is what ensures that we are wise.

Genesis 25:29-34 shows us how Esau exalted his emotion of the moment – the weariness he felt after a day's work in the fields – over the divine arrangement (birthright) upon his life; he allowed the spirit of Edom to rest upon him and to shortchange him.

Similarly, many of us ignore red flags a lot because of emotions of the moment and the seeming gravity or urgency they carry at that time. But the Bible tells us that God caters to us even in trying times and when we're tempted: *“No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.”* – **1 Corinthians 10:13 (NKJV)**

Whenever you are tempted to exaggerate your situation, know that the devil is trying to rob you of something. Esau felt he would die if he didn't feed on the red stew, what he did not realize was that he was giving out the one thing that made him *significant – his birthright!*

Think about this: What is the purpose of GRACE if everything in life turns out favorable for you, every time and all the time? The reason grace is made available for everyone of us is because there will be times when we will need to endure (lack, challenges, difficulties, etc.)

Yes, the wonder of living by feeling is that you never have to endure anything, but we know and see every day that living this way is foolish. Again, look at Esau's careless treatment of the most important thing in his life:

“¹⁵Exercise foresight and be on the watch to look [after one another], to see that no one falls back from and fails to secure God's grace (His unmerited favor and spiritual blessing), in order that no root of resentment (rancor, bitterness, or hatred) shoots forth and causes trouble and bitter torment, and the many become contaminated and defiled by it– ¹⁶That no one may become guilty of sexual vice, or become a profane (godless and sacrilegious) person as Esau did, who sold his own birthright for a single meal.” – Hebrews 12:15-16 (AMP)

This passage shows how Esau, despite being in the lineage of Abraham, sold his birthright because he was godless. The fear of God is the beginning of wisdom and total dependency on God enables you maximize destiny.

Popular misconceptions that lead people in the wrong direction, is reflected in statements like, “Who I am is what I feel.” “My truth is the Truth.” “My feeling is all I have got, how else should I make a decision?” It may take a lot of discipline to seek God's face in everything, but ultimately, it is the only way to live a fulfilling life - feelings are fleeting, not a tangible enough tool with which to effectively judge the decisions in this world.

To refuse to live only by our feelings, it is very important that we daily:

1. Gain control of our own emotions by the help of the Holy Spirit (Galatians 5:23-26 – NLT), bearing in mind that your emotions are never bigger than you or your reactions.
2. Practice endurance and delayed gratification; embrace the inconvenience of the moment (Hebrew 12:2, 2 Timothy 2:3)
3. Be accountable; remember godly examples like Daniel and his comrades Daniel 1:3-8.
4. Learn to say no to compulsive shopping, fighting, eating, uncontrollable anger, seduction (sex, money, material things), and such other vices.

Declaration: Say this out loud:

I am not a feeling. I am a spirit. Feelings may change but truth remains the same. The word of God is the same forever. I am not moved by what I feel. I am and will forever be moved only by the word of God.