



# Is Freud Filling Up Our Local Pulpits?

Biblical theologian questions facts, feelings, and what guides us

The founders of psychology William James and Sigmund Freud described our emotions as merely physical sensations. Darwin believed they were animal instincts. Plato classified them as the lower part of our being, often at war with reason. Surprisingly, many pastors are often found preaching the same message, such as “emotions aren’t trustworthy” or “your feelings will get you into trouble.” Yet, is this really what the Bible teaches?

In his new book, *Feel – The Power of Listening to Your Heart*, biblical theologian, Dr. Matthew Elliott, reveals how many Christians are taught a secular perspective that believes emotions are dangerous or bad. But, this teaching can generate major problems, such as emotional confusion or suppression. For example, many Christians hesitate to express intense joy in worship for fear of being branded “weird.” In contrast, other believers refuse to show emotion for fear of being labeled “weak.”

After years of intensive study, Dr. Elliott’s ground-breaking research led to startling conclusions and a new awareness about the role emotions play in our lives and in the teachings of the Bible. His expertise helps men and women across America:

- Experience freedom from legalistic, religious expectations.
- Liberate themselves to really celebrate joyful occasions and blessings.
- Achieve more authentic communication with their kids and spouse.
- Transform the way they battle temptation.

With an entertaining style and stories of transformation, Dr. Matthew Elliott brings a fresh perspective to the question of “How Do You Feel?” and shows why the answer really matters to you and to God. Interview topics with Dr. Elliott include:

- How Do You Feel? A Simple Toolbox to Interpret Your Emotions
- Don’t let others put down your feelings: coming to understand the emotions of men and women
- How could Paul sing in prison: finding joy in trials

To schedule an interview with Matthew Elliott, please contact Vicky Lynch at 630-784-5341 or vickylynch@tyndale.com.

**FEEL: THE POWER OF LISTENING TO YOUR HEART** by Dr. Matthew Elliott (Tyndale House Publishers, ISBN: 978-1-4143-1664-2; April 2008; \$13.99; paperback original; 5 ½ x 9; 220 pages; Religion/Christian Life/Spiritual Growth). *Feel* is also available in audio from Oasis Audio. There is also a blog element of the book. [www.FaithfulFeelings.com](http://www.FaithfulFeelings.com).

## About the Author

From the time he was a teenager, Matthew Elliott wanted to know what the Bible meant when it said to love God and hate evil. After earning a BA in economics and MA in New Testament at Wheaton College, Matthew and his wife Laura decided to following their passion and go to the University of Aberdeen in Scotland to study emotion in the Bible. He went on to earn both a Masters of Theology and a Doctorate of Philosophy in New Testament Studies. He was ordained at College Church in Wheaton, Illinois under Dr. Kent Hughes.

These years of research and ministry training, equipped him to help people clarify what they feel and why that matters. Elliott's passion is to see Christ-followers renew their faith, refresh their spirits and return to Jesus. He has dedicated himself to creating life-changing resources that will:

- Help people find emotional and spiritual authenticity and wholeness
- Equip people to know how to listen to their hearts and respond biblically
- Lead people to experience the vital and life-giving emotional life that God has planned
- Help people learn how to live in, with, and through their emotions
- Provide pastors and counselors with effective ways to minister by integrating a biblical view of emotion and an effective approach to counseling

“When we neglect our feelings and teach that what we believe is all that really matters we are no longer teaching biblical Christianity which has to be felt and experienced according to Jesus,” says Elliott. His first book, *Faithful feelings: Rethinking Emotion in the New Testament* was hailed as a landmark study. John Piper writes: “The most thorough study on emotion in the New Testament is now Matthew Elliott’s Faithful Feelings” (*What Jesus Demands from the World*, Wheaton, IL: Crossway, 2006 52).

In addition to his work on emotion and the Bible, Matthew is President of *Oasis International*, a multinational distributor of books and Bibles into the English-speaking developing world. Oasis and their national partners in Africa have now distributed more than four million books and Bibles by harnessing the power of entrepreneurship and sound business principles ([www.oasisint.net](http://www.oasisint.net)).

Matthew is most at home when he is with his wife of sixteen years, Laura, and their three children: Jackson, Evan, and Cailin. Having lived in several different countries and states, they now reside near Chicago, Illinois. The Elliotts enjoy biking, camping, watching their boys play basketball and Cailin dance ballet. They are active members of their church where they are leaders in the small group ministry. Discover more at [www.faithfulfeelings.com](http://www.faithfulfeelings.com).

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## Suggested Interview Questions

1. What prompted you to study emotions and to rediscover your own?
2. How can you use your emotions to identify the values and desires that drive you?
3. What is the best way to clarify what you feel and why does that matter?
4. In these hard economic times, how is a Christian to feel and how can we get past fear and worry?
5. How does understanding our emotions help us achieve better relationships with those we love most?
6. How did Jesus treat emotions and what should we learn from His example?
7. What if our emotions or feelings are telling us to do something we know is wrong?
8. Your core message in *Feel* is calling people to love and serve God with the passion He desires. How do our emotions tell the truth about how we feel toward the Lord?

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