



EMOTIONS DEFINED – Matt's take on the seven basic feelings.

There are seven basic emotions according to most psychologists and philosophers who write about these things. All, except for jealousy are paired with another emotion. A key element is often their relation to time. Love – Hate/Anger; Joy – Sorrow; Hope – Fear; Jealousy. (Some would include surprise on this list, but I do not see this as essential in understanding emotional transformation so we will be content with our list of seven.)

I am not going to attempt to define each of these in a way that would keep the philosophers and psychologists among us completely satisfied – that would take a book all by itself. My aim is much simpler; that you have some working knowledge of what it means to be sad or happy, hopeful or fearful, angry or in love. Keep in mind that we can feel all these things to different degrees and each of them may have certain characteristics in certain circumstances. Joy or happiness because your team wins a game shares some basic similarities to the joy of being God's chosen child, but the joy in being God's child is about much more. It has more depth, defining characteristics and qualities.

Love is first among the seven. All the rest are based on it. Even hatred, love's opposite, can be defined as a thing that is opposed to or opposite the thing we have chosen to love. So when the Bible teaches that love is at the center, that truth is a fuller and more wonderful thing than we might have imagined.

LOVE is our attraction to an object because we see it as good, valuable, or worthy.

HATRED is felt when the quality or characteristic of something is the opposite or contrary to what we love and anger is felt when a specific action or event harms or may harm something we love (remember we love ourselves). Both anger and hatred result in a similar violent feeling that opposes the offending object.

SORROW is felt when something bad happens to something we love.

JOY/HAPPINESS is felt when something good happens to something we love.

HOPE is felt when we think something good might happen to something we love in the future.

FEAR is felt when we think something bad might happen to something we love in the future.

JEALOUSY is felt when the rightful place of something we love is threatened or when we desire to possess something that rightfully belongs to someone else.

If we understand each of these basic emotions, it will equip us to understand ourselves and our world.