

## Loving Resurrection Sunday

### I. What Are Emotions?

- Emotions are a gift to be enjoyed by the individual, the church, and spiritual authorities.
- Emotions are a sacrifice. God expects us to glorify Him with our emotions just like our words and deeds.
- Emotions are an alarm. Have you ever been hooked up to a heart monitor? As annoying as those beeps can be after hours of monitoring, we're all glad they're there. But when the flat line draws across the screen, there's trouble. In the same way, the emotions are not the most important thing, they're the thing that gives us very important information about the most important thing.
- If you're happy about something God says should sadden you, your emotions are sending off an alarm — warning you that something is wrong.
- If you're depressed when God says you should be joyful, then — again — your emotions are warning you that there's a real problem.

### II. How do I get excited about Easter?

- Psalm 16:8-11; Acts 13:35
- **You need to study the truth about the Resurrection, and you need to believe it.**
  - According to Jesus, ignorance and unbelief are the defining characteristics of a hard heart. But when a true follower of Christ really knows, understands, and believes God's Word, their heart is tuned to sing His praise. They truly begin rejoicing in the Lord.
  - You will never truly revel in Easter if you don't really understand what it is. You will never truly joy in Easter if your desires are more important than God's defeat of sin and death and hell.
  - You need to study the truth about the Resurrection, and you need to believe it. And that needs to be your first step, because it will fuel everything that comes next.
- **You need to ask God to help you love Him and His mighty deeds of love.**
  - Psalm 69:30-34
  - The Lord hears the needy, and He revives those who seek Him. Talk to God about your desire. Let Him know that you love Him, but that you want to love Him more. Ask Him to help you increase your faith. Ask the Holy Spirit to help you humbly acknowledge the majesty and awe of the Savior so that your heart is bursting with gladness.
- **You need to make a big deal out of Easter.**
  - If you want to genuinely anticipate and get excited about Easter, then — along with better understanding it and asking God to help you — you need to plan to really celebrate it!
  - Focus on the most important parts of the holiday. You need to plan to assemble with God's people, engage in corporate worship, praise Him, learn about Him, pray to Him, and participate in the one-anothers to the glory of God.
  - Have a feast to celebrate the day. Eat some sweets. But make sure that everything you do is motivated by the glory of God and not merely some selfish gratification.
  - Prepare for Resurrection Sunday by reading the Easter Bible Reading at [CelebrationOfGod.com](http://CelebrationOfGod.com). Let's listen to music that truly exalts Christ. Let's plan to get together with our brothers and sisters in Christ to celebrate the Resurrection. Let's go to church.
  - The bigger God-focused deal you make out of the Resurrection, the more excited you will be.
  - A born again believer is definitely going to praise God and exalt Him for His tremendous gift of salvation that was purchased on the cross and sealed in the Resurrection.

- **You need to talk about Easter the way you want feel about it.**
  - Our beliefs and desires feed our emotional responses in the first place.
  - Therefore, when we say something like, “I want to really rejoice in the Resurrection this year,” that will help to tune our emotional response when the time comes.
  - And the more excited we get about what God has done, the more we will look forward to decorating for Easter and going to church and celebrating and talking about it.
  - Easter really is the greatest celebration of the year, so there’s nothing wrong with saying that even if your emotions haven’t quite caught up yet. In fact, saying it will help your emotions catch up.
- **You need to invite others to celebrate Resurrection Sunday with you.**
  - Eastertide is a 50 day celebration which includes the Seven Sundays of Easter. And last year the Brewster family invited a different family from their church to celebrate each of the Seven Sundays with them. They had so much fun, it deepened their relationships, they strove to glorify God with it, and they enjoyed it so much.
  - So, invite other followers of Christ into the celebration. Invite them to study the Resurrection and believe the beauty of it. Pray with them about it. Make a big deal out of it with them. And talk with them about it.
  - When we truly fellowship with God’s people around God’s truth, it has a massive effect on how we feel.
  - You will start enjoying Easter more and more as you strive to worship God with your yearly Easter celebration.
  - Of course, it’s not about how we feel, it’s about how we worship. But wouldn’t it be great if our emotions deepened as our worship deepens? Well, that’s how God created it to work. So, yeah, this is less about feeling a certain way, and more about worshipping God as we should.
  - And when we do that, we will start to feel a different way