



## Emotions, Desires and Lusts

Books have been written with the sole subject of the struggle against desires and lusts. The Russian John the Big Kolpak, Fool for Christ's sake, said in the 16th century: "God gives you a horse, with which only you can ride. No one else can not even get up to its saddle." This is particularly true of emotions, desires and lusts, as well 'good' as 'bad', pleasure and pain.

In the introduction to her book prayer of Jesus Paula Tuomikoski writes: "emotion is a power, which has included in it its goal". Without this power all our deeds are powerless and often do not lead to any goal at all. On the other hand if what we want, thirst and a desire takes place according to our own nature, without the help of our conscience, it often does not lead us to the wanted goal.

The difficulties of our emotional life are mainly due to our early education, or better said, the lack of Christian upbringing. Our education at home is founded on the understanding of freedom by our parents. This basic view of life has been rooted in human beings as "self preservation instinct". In physical action it means that when someone or something is threatening us we either take to flight or use violence. In our thinking we hold on to our opinions, which express our 'truths'. In our our emotions we strive towards pleasure. The Christian view of the world is exactly the opposite: to take what comes, not to believe in our own thinking, and even avoiding pleasure!

It is said in the Gospels "Love your enemies, do good to those who hate you". Neither is it forbidden in the New Testament to love those who love us. We are also told to love God and do good. "Our personal good, what is good for others, and to serve God are closely bound together and there is no reason to separate them."

An old finish saying says "good is not the same for everyone". Nevertheless "to do good" is closely connected with what we call love.

What is meant with these three different kinds of love?

- Self love
- Love of our neighbour and
- Love of God?

There are two kinds of love, the love of the slave and the Love earned by hard work (which none of us have at birth). Some of us get to know it in their childhood and some only at old age. Only the Love earned by work is worth something. This applies to all mentioned three forms of love: self-love, love of the neighbour and the love of God. No one can love without suffering.

Source: <http://www.prayerofheart.com/emotions.html>