

Does God Care About My Feelings?

A Reflection for Advent

Reflections Prayer, Repentance and the Spiritual Life 14 December 2019

An article in a Christian journal once asked, "Does God Care about My Feelings?" We ask ourselves this very question, in many different forms: Does God hear my prayers? Why me? Why do I suffer, while the undeserving prosper?

The author of that article posed a few questions, and some pointed observations, in turn: "This assumption is one that can promote a sense of invalidation within our relationship with God. In many ways, this belief can frame our faith in such a way that it leaves us quick to mask the messiness of our emotions for the sake of spiritual maturity. If we feel our feelings, does that mean our faith is fragile?"

My own view of the matter is this: our emotions are part of us, part of our life, and our life is in the Hands of a God who cares for us so deeply that He gave His only Son as a sacrifice. Jesus knows that we walk a tightrope where our emotions and our life of faith are concerned; we may trip at any moment, and so His Holy Spirit dwells within us, holding our hand, to see that we keep to that narrow path. It is another matter how much room we allow Him to work within us.

This Christmas, let us allow the Holy Spirit to take birth within our inner selves. Let us allow Him ever more room within us, purging our sins, our disbelief, and all our negativity, to make more space for Him to work upon our faith. The more we do this, the fewer our doubts will be, and the less often we shall find ourselves asking such questions.