

# A Parable of Traction

- Traction is necessary components of movement!
- Car and shoe manufacturers continually research to find ways to increase traction.
- Feel the two forces when entering a curve too fast or slamming on the brakes – Skidding is failure
- The more traction the safer we are driving, walking running, riding a bicycle, etc.

# A Parable of Friction

- A synonym for traction is friction.
- Brake shoes creates friction and heat.
- We try to minimize the heat but not friction.
- Inside engine/transmission opposite is true.
- Friction is the enemy.
- Friction creates heat, increases wear and tear making things work harder and wear out more quickly.

# A Parable of Lubrication

- Engineers seek better substances to lubricate.
- Oil, graphite, grease, silicon created to lubricate anything that moves against something else to decrease friction.
- Traction and friction are enemies of lubrication.
- Lubrication is the enemy of traction and friction.
- A domain and realm where creating is critical
- A domain and realm where destroying is critical

# Emotional Traction/Friction

- These laws of physics illustrate the basic nature of our emotions.
- **Emotional traction** holds people together:
- **Love** in the family
- **Patriotism** in the nation
- **Conviction** in the church
- **Competition** in sports
- **Loyalty** in business
- These emotions give traction to people holding them together in unity.

# Friction, Traction & Lubrication

## ● Friction & Traction

- Zeal, Conviction, Diligence, Commitment, Contend Earnestly, Fight the good Fight, Hold to Truth. Urgent in Season and Out.

## ● Lubrication

- Compassion, Mercy, Love, Pity, Sympathy, Patience, Endurance, Forgiveness

## ● Both are necessary in their specific application

- We don't want pity/sympathy over error.
- We don't want zeal, contending when showing mercy to a repentant sinner.

## ● Sometimes we get these mixed up!

# Emotions/Results of “friction”

Friction / Traction where it doesn't belong

- Bitterness
- Anger
- Impatience
- Frustration
- Cynicism
- Indifference
- Distrust
- Pessimism
- Apathy
- Callousness
- Insensitive

God Demands “*Lubrication*” to Remove These

# In the Realm of Emotions

- Friction where it doesn't belong is **stress** leading to anger and bitterness.
- Friction where it belongs is conviction leading to zeal.
- Lubrication where it doesn't belong is weakness leading to lukewarm and wishy washy
- Lubrication where it does belong is compassion, forbearance and forgiveness.
- There are many Scriptures that reveal the good and bad side of friction and stress and lubrication and weakness.

# Sinful Emotions of “Stress”

- *enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions, envying Gal 5:19*
- *full of envy, murder, strife, deceit, malice; gossips, slanderers, haters of God, insolent, arrogant, boastful, inventors of evil, disobedient to parents, without understanding, untrustworthy, unloving, unmerciful; Rom 1:28-32*

# Sinful Emotions of “Stress”

- *a morbid interest in controversial questions and disputes about words, out of which arise envy, strife, abusive language, evil suspicions, and constant friction between men of depraved mind 1 Tim 6:3-5*
- *For we also once were foolish ourselves, disobedient, deceived, enslaved to various lusts and pleasures, spending our life in malice and envy, hateful, hating one another. Titus 3:3*

# Emotions that Destroy

- Cain slew Abel,
- Joseph's brothers sold him into slavery,
- Miriam and Aaron murmured against Moses
- Saul envied and sought to kill David,
- the Jews considered Jeremiah a traitor,
- the Jewish elders killed Jesus and Stephen,
- Saul thought to do many things contrary to Jesus

# Emotional Lubrication

- *And so, as those who have been chosen of God, holy and beloved, put on a heart of **compassion, kindness, humility, gentleness and patience; bearing with one another, and forgiving each other**, whoever has a complaint against anyone; just as the Lord forgave you, so also should you. And beyond all these **things put on love, which is the perfect bond of unity**. And let the peace of Christ rule in your hearts, to which indeed you were called in one body; and **be thankful**.*

Col 3:12-15

# Emotions that Lubricate “Stress”

- *Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. And be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you. Eph 4:31-32*
- *I, therefore, the prisoner of the Lord, entreat you to walk in a manner worthy of the calling with which you have been called, with all humility and gentleness, with patience, showing forbearance to one another in love, being diligent to preserve the unity of the Spirit in the bond of peace. Eph 4:1-3*

# Emotional Lubricants

- *But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, 23 gentleness, self-control. Against such there is no law. Gal 5:22-23*

# Many Emotions need Lubrication

- Without these qualities, normal friction created by the ups and downs of life can create wear and tear.
- Bible is filled with men and women who's hearts were filled with good emotions but did terrible things because the friction overthrew their minds.
- We need to look for the emotions that keep things from binding, squeaking, overheating, and breaking down in our hearts.

# Another Type of Friction

- A guilty conscience.
- *When I kept silent, my bones grew old through my groaning all the day long. 4 For day and night Your hand was heavy upon me; my vitality was turned into the drought of summer. Selah 5 I acknowledged my sin to You, and my iniquity I have not hidden. I said, "I will confess my transgressions to the LORD," and You forgave the iniquity of my sin. Selah 6 For this cause everyone who is godly shall pray to You in a time when You may be found; surely in a flood of great waters they shall not come near him. Ps 32:3-6*