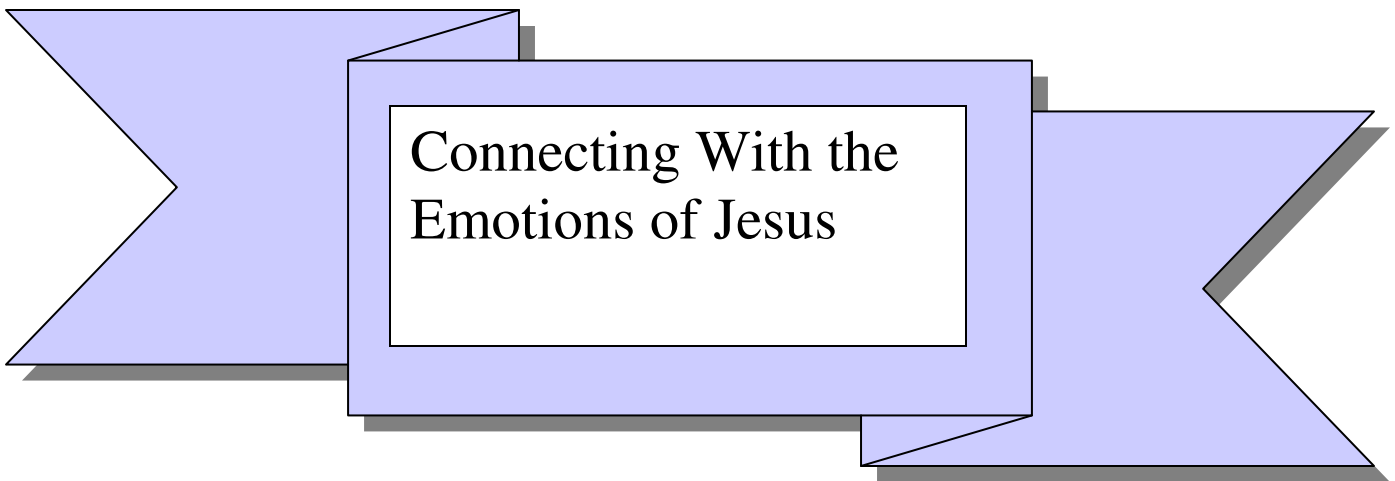


EMOTIONAL WHOLENESS
Connecting with the Emotions of Jesus Christ
Dick and Jane Mohline

Book
(Outline Study Notes)



Useful Cited References included
with Greek & Scripture references

EMOTIONAL WHOLENESS
Index of the Emotions of Jesus
 Greek Keywords & Scripture Citations

1. AGONY	1 Kings 22:44	<i>Agonia</i>
2. AMAZED	Mark 14:33	<i>Ekt̄hambeo</i>
3. ANGER	Mark 3:5	<i>Orge'</i>
4. COMPASSION	Matt. 9:36; 14:14; 15:32; 20:34 Mark 6:34; 8:2 Luke 7:13	<i>Splan̄knizomai</i>
5. CRIED	Hebrews 5:7 John 11:43	<i>Krauge'</i>
6. DEEPLY MOVED	John 11:33, 38	<i>Embrimaomai</i>
7. DEPRESSED	Matt. 26:37	<i>Ademoneo</i>
8. FEAR	Hebrews 5:7	<i>Eulabia</i>
9. FORSAKEN	Mark 15:24	<i>Engk̄ataleipo</i>
10. FURY	Revelation 19:15	<i>Thumos</i>
11. GLAD	Luke 10:21 John 11:15; 15:11; 17:13	<i>Chairo</i>
12. GRIEF	Mark 3:5	<i>Sullupeomai</i>
13. HUNGER	Matt. 4:2; 21:18 Mark 11:12 Luke 4:2	<i>Peinao</i>
14. INDIGNATION	Mark 10:14	<i>Aganak̄teo</i>
15. JOY	John 15:11; 16:24	<i>Chara</i>
16. LOVE	John 11:3; 20:2	<i>Phileo</i>
17. LOVE	Mark 10:21 John 11:5; 13:1,23,24; 14:21 15:9-10,12; 18:26; 21:7,20	<i>Agape'</i>
18. MARVELED	Matt. 8:10 Mark 6:6 Luke 7:9	<i>Thaumazo</i>
19. PEACE	John 14:27; 16:33	<i>Eirene</i>
20. PRESSURE	Luke 12:50	<i>Sunechomai</i>
21. REJOICED	Luke 10:21	<i>Hagalliasato</i>
22. SAD	Matt. 26:38 Mark 14:34	<i>Perilupos</i>
23. SIGHING DEEPLY	Mark 8:12	<i>Anastenazo</i>
24. SORROW	Matt. 26:37	<i>Lupeo</i>
25. SUFFERING	Matt. 16:21; 17:12 Mark 8:31; 9:12 Luke 9:22; 11:23; 24:26 Hebrews 2:9-10,18; 5:9 1 Peter 2:21	<i>Pascho</i>
26. SYMPATHY	Hebrews 4:15	<i>Sympatheo</i>
27. TEARS	Hebrews 5:7	<i>Dakruon</i>
28. THIRSTY	John 19:28	<i>Dipsao</i>
29. TROUBLED	John 11:33; 12:27	<i>Tarasso</i>
30. WEARY	John 4:6	<i>Kopiao</i>
31. WEPT	John 11:35	<i>Dakruo</i>

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EMOTIONAL WHOLENESS

Connecting with the Emotions of Jesus (Outline Notes for Study)

Chapter 1

Discovering and connecting with the Emotions of Our Lord Jesus

Isaiah 9:6-For the child will be borne to us, a son is given to us; and the government will rest on His shoulders, and His name will be called Wonderful Counselor, Mighty God, Eternal Father, Prince of Peace.

He came to know all diversities of life. Jesus loved and rejoiced, knew gains, stresses, trials, angers, sufferings, joys, cries, and dilemmas, losses, and temptations. His wide range of emotions...designed us with these same healthy, appropriately expressed emotions. Adam and Eve messed up the God-Head design with their sinful choices. They [humanity] rejected God through Jesus Christ, The Perfect Personality. We then did and became what was "right in our own eyes" cf. (Judges 17:6).

✓ **Judges 17:6**-In those days there was no king in Israel, but every man did that which was right in his own eyes.

A) The Reality of Demonstrated Emotions from Christ and God

1) Continual Surrender

We "are being transformed into the same image...the image of the invisible God, the first-born of all creation" cf. (II Corinthians 3:18; Colossians 1:15)

✓ **II Corinthians 3:18**-But we all, with open face beholding as a glass The Glory of the Lord, are changed into the same image from glory to glory even as by the Spirit of the Lord.

✓ **Colossians 3:18**-Who (Jesus) is the image of the invisible God, the first born of every creature.

2) Letting the same "mind be in [us], which was also in Christ Jesus" (Phil. 2:5)

✓ **Philippians 2:5**-Let this mind be in you, which was also in Christ Jesus.

3) Not only to "think" like Him but to feel like him. Christ is a Thinker; He's a feeler as Jesus "increased...in favour with God and man" (Luke 2:52).

✓ **Luke 2:52**-And Jesus increased in wisdom and stature, and in favour with God and man.

Christ's nature was sinless, His emotional expressions and responses were also completely pure. Discovering and connecting with His pure emotions is the only way to understand ourselves.

B) Jesus Christ and His Environmental Influence

1) Christ didn't let His emotional responses "fall out" onto others...when railed on He railed not back; when suffering: He threatened not; deceit was not found in His mouth; Jesus did no sin. His emotions never overmastered Him; He was always in control. Yet he lived with environmental influence like all humanity has lived with. Christ had a divine mind, He also had a

human mind that functioned with a self-limited consciousness (cf. Philippians 2:5-8).

- ✓ **Philippians 2:5-8**-Let this mind be in you, which was also in Christ Jesus: Who being in the form of God, thought it not robbery to be equal with God: But made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of man: And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross.
- 2) Aware of only those things that He was conscious of at any given time in His surroundings...offered a stable and unchanging personality, while people and surroundings in His immediate world offered constant change.
- 3) Christ exposed His nature by relating to others with attachment, love, holiness, and joy. They never change...He expressed His many emotions one at a time...distinct and discernable. The environmental influence offered a variety of challenges to Christ because it was in constant change.
- 4) An “always changing” environment distorted the total personality of Mankind. This toxic distortion...when Cain expressed anger in an unhealthy, harmful way, “doing” what’s right in his own eyes, added to the continual changing environment.
- *5) Each of us have built-in emotional responses based primarily on the toxic emotional responses modeled by parents or other significant adults. For example, “rejection” causes distant, cold relationships to develop, “anger” causes explosive relationships. Recognizing these background differences, seeking Scriptural models of Christ’s emotions, and trying to apply them helps us make significant adjustments in our relational conflicts and separate our toxic emotions from the environmental influences.

C) Connecting with the Emotions of Jesus

- 1) Defining emotions is not easy. We could “see” them as a basic motivational force that affects feelings thoughts and responses. We express these though body movements, facial expressions, and vocal tones...love the Lord with all our heart, soul, strength and mind cf (Mark 12:30).
 - ✓ **Mark 12:30**-And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength; this is the first commandment.
- 2) Each of us may be affected in different ways by the same emotion... our emotional responses help show personal characteristics...an easy smile...a frozen frown.
- 3) His joy and compassion, which surely affected many facial and emotional responses, i.e. smiling from the heart. He didn’t need to repress any emotion.
- 4) Only one reference to Christ’s facial expressions (Luke 9:51) cf Proverbs 25:23

- ✓ **Luke 9:51**-And it came to pass, when the time was come that he should be received up, he steadfastly set his face to go to Jerusalem.
- 5) Christ shedding tears and sweating like drops of blood from ruptured capillaries as He prayed (Luke 22:44; Hebrews 5:7) Shows that He lived with intensity, concern, and energy.
 - ✓ **Luke 22:44**-And being in an agony he prayed more earnestly and sweat was as it were great drops of blood falling down to the ground.
 - ✓ **Hebrews 5:7**-Who in the days of his flesh, when he had offered up prayers and supplications with strong crying and fears unto him that was able to save him from death, and was heard in that he feared.
- 6) Jesus speaking about His emotional state together with His social situations, we gain further insight about His emotions and responses cf (Matthew 15:32; 26:37)
 - ✓ **Matthew 15:32**-Then Jesus called his disciples unto him, and said, I have compassion on the multitude because they continue with me now three days, and have nothing to eat: and I will not send them away fasting, lest they faint in the way.
 - ✓ **Mathew 26:37**-And he took with him Peter and the two sons of Zebedee, and began to be sorrowful and very heavy.
- 7) Jesus models personality through His emotions, relationships, mind, self-image, and will.

Chapter 2

Jesus felt inner peace while walking through life

Luke 14:27-Peace I love with you; My peace I give to you; not as the world gives, Do I give to you. Let not your heart be troubled, nor let it be fearful.

- 1) Those who do love Him (Jesus) and keep His commandments (Mark 12:29-31) will receive a blessing of triple portions.
 - a) On portion is the love of Jesus and His Father.
 - ✓ **Mark 12:29(Deuteronomy 6:4)**-Hear, O Israel; The Lord is One LORD.
 - b) The second is making Himself known to us.
 - ✓ **Mark 12:30(Deuteronomy 6:5)**-And thou shalt love the LORD thy God with all they heart, and with all thy soul, and with all thy mind, and with all thy strength; This is the first commandment.
 - c) The third is Jesus and God making their home within us through the Holy Spirit.
 - ✓ **Mark 12:31**-And the second is like, namely this, thou shalt love thy neighbor as thyself. There is none other commandment greater than these.

- A) Times of feeling Inward Peace on Earth
- 1) There's only one true peace; that is the peace Jesus gives through the Holy Spirit.
 - 2) Christ's peace comes first of all from experiencing personal forgiveness of sin through faith in His death, burial and resurrection. Peace provides a tranquil state for each who is assured of salvation through faith in Christ, **WHO HELPS US WITH OUR FEARS**.
- B) The Reality of Inward Peace
- 1) Jesus enjoyed His inner tranquility at all times. Scripture says clearly those who follow the devil have no inner tranquility in mind, conscience, or heart. That's because they are engaged continually in active hostility against God. (cf. 1 Timothy 4:1,2)
 - ✓ **1 Timothy 4:1,2**-Now the Spirit speaketh expressly that in the latter times some shall depart from the faith giving heed to seducing spirits(attitudes & demons) and doctrines (teachings) of devils; Speaking lies in hypocrisy having their conscience seared with a hot iron.
 - 2) His inner tranquility is ours even when affected by the devil's evil system (cf John 10:33).
 - ✓ **John 10:33**-These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation; but be of good cheer, I have overcome the world.
 - 3) His peace is the peace "which passeth all understanding" (cf Philippians 4:7). Jesus left this peace for each of us to keep emotions from being taken hostage (cf Colossians 3:2).
 - ✓ **Philippians 4:7**-And the peace of God which passeth all understanding, shall keep your hearts and minds through Christ Jesus.
 - ✓ **Colossians 3:2**-Set your affection on things above, not on things on the earth.
 - 4) We often deny ourselves our emotions in order to try to contain and control them. Our rigid, controlled feelings then take precedence over understanding how emotions are really reflections of an inner character.
 - 5) This can cause A SPLIT IN OUR PERSONALITY! He [Christ] did not mask or pretend or plasticize His feelings. His emotional responses were in complete agreement with His Thoughts and feelings.
- C) One Example of finding Inward Peace
- 1) Christ has overcome the world (cf 1 Cor. 15:1-4). We who believe and follow him have access to His peaceful inner tranquility and harmony. (cf John 3:18)
 - ✓ **1 Corinthians 15:1-4**-Moreover, brethren, I declare unto you the gospel which I provided unto you, which also ye have received, and wherein ye stand; By which also ye are saved, if ye keep in memory what I preached unto you, unless ye

have believed in vain-For I delivered unto you First of all that which I also received how that Christ died for our sins according to the Scriptures; And that he was buried, and that he rose again the third day according to the Scriptures.

- ✓ John 3:18-He that believed on him is not condemned, but he that believeth not is condemned already, because he hath not believed in the name of the Only Begotten Son of God.
- 2) My parents (The author's) were Christians, they developed a close emotional attachment with me and my siblings...I learned to please others...in Jesus Christ. Not letting motivation or discipline to study...God led messengers, prophets to help me. He was taught to disciple Christians in studying Scripture. Getting God's truth into my mind started changing my thinking and my feelings.
- 3) As Christ renewed my mind and emotions, He empowered me to study, concentrate, memorize, learn, work, and develop healthy friendships. (cf Eph. 4:22-24)
 - ✓ **Ephesians 4:22-24**-That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts; And be renewed in the Spirit of your mind; And that ye put on the new man which after God is created in righteousness and true holiness.

D) Jesus and Feeling Inward Peace

- 1) Scripture does not explicitly say Jesus Felt peace. Yet we can say He "felt peace" since He is the Lord and King of Peace. John records Jesus saying "My peace I give to you" (John 14:20).
- 2) Christ's peace is not passive-Nor is it like that of that of the evil world system, which offers counterfeits then take them back after we are hooked. Christ's peace involves our thought, life, and learning to take every thought captive to Him (cf 2 Cor. 10:5)
 - ✓ **2 Corinthians 10:5**-Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ.
- 3) When we allow lies, evil suggestions, envy, doubt, or the like to "stay" In our thoughts, peace is destroyed (cf. Phil. 4:6, 1 Thess. 5:19, 2 Chron. 7:14, Matt. 14:23-33)
 - ✓ **Philippians 4:6-8**-Be careful (anxious as to anxiety) for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.
 - ✓ **1 Thessalonians 5:19**-Quench not the Spirit.

- ✓ **2 Chronicles 7:14**-I my people (Christians), which are called by my name (Christ ones), shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sins, and will heal their land (soul).
 - ✓ **Matthew 14:21-33(31)**-And immediately Jesus stretched forth his hand, and caught him, and said unto him, O Thou of little faith, wherefore didst thou doubt?
- 4) The Inner Peace of Jesus is not an absence of problems. Nor did He live without problems. It's impossible for us to continually receive Christ's peace when we unconsciously place His responses to life on the same level as ours. We must see Him as one vastly different from us, with eternal excellence.
- 5) He enjoyed emotional calmness (cf 2 Thess. 3:16; Heb. 7:2)
- ✓ **2 Thessalonians 3:16**-Now the Lord of Peace himself gives you peace always by all means. The Lord be with you all.
 - ✓ **Hebrews 7:2**-To whom also Abraham gave a tenth part of all; First being interpretation king of righteousness, and after that also king of Salem, which is king of peace.
- 6) Jesus offers us the inner tranquility and harmony for decision making, loving others, and obeying our Holy Father. One secret of that peace was His certainty is knowing that "the prince of this world cometh, and hath nothing in me" (John 14:30). This strong assurance from Jesus about His sinlessness, gives us peace. Shortly, our Lord and Saviour shall bruise Satan under our feet. That encourages us also to have nothing to do with the Devil. It's our responsibility through (faith) which is **acceptance, inspiration, and surrender**.
1. **Acceptance**, we can experience Christ's peace through accepting Jesus as our Saviour through personal faith in Him. Through salvation we receive Jesus' peace that He left for and gives to His followers (cf John 14:27, Rom. 5:1, Eph 2:8-9)
 2. **Inspiration**, we can experience Christ's peace through our inspiration of Him (obedience). Jesus called us to peace; though obedience to Him. He is allowed to be our peace (cf John 16:33, Mark 9:50, Eph. 2:13-14).
 3. **Surrender**, we can experience Christ's peace through surrendering to Him. We chose to let His "soul harmony" rule our hearts in all situations by surrendering to His will (cf 1 Thess. 4:3-7) and standards for our lives (cf John 20:19,21,26; 1 Cor. 7:15b; and Col. 3:15)

ACCEPTANCE

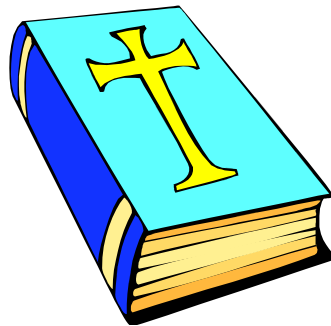
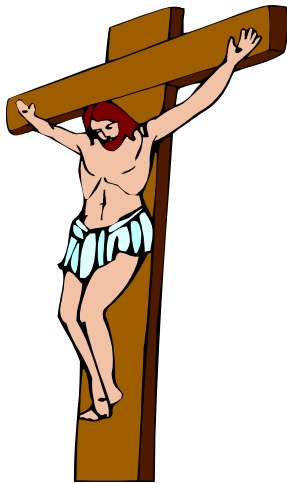
- ✓ **John 14:27**-Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you, Let not your heart be troubled, neither let it be afraid.
- ✓ **Romans 5:1**-Therefore, being justified by faith, we have peace with God through our Lord Jesus Christ.
- ✓ **Ephesians 2:8-9**-For by grace are saved through faith: and that not of yourselves: it is the gift of God. Not of works, lest any should boast.

INSPIRATION

- ✓ **John 16:33**-These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation, but be of good cheer; I have overcome the world.
- ✓ **Matthew 9:50**-Salt if good; but if the salt have lost his saltness, wherewith will ye season it? Have salt in yourselves, and have peace one with another.
- ✓ **Ephesians 2:13-14**-But now in Christ Jesus ye who sometimes were far off are made nigh by the blood of Christ, for he is our peace, who hath made both one, and hath broken down the middle wall of partition between us.

SURRENDER

- ✓ **John 20:19, 21, 26**-“...but God hath called us to peace.”
- ✓ **Col. 3:15**-And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful.



Chapter 3

Jesus felt a healthy fear for God's Authority while walking through Life.

Hebrews 5:7-Who in the days of his flesh, when he had offered up prayers and supplications with strong crying and tears unto him that was able to save him from death, and was heard in that he feared.

- 1) "You are My Son, today I have begotten You" (Heb. 5:5). A high priest like Jesus, The Son of God. As God man: the two qualifications necessary.
 - a) Sympathy and empathy provided by his humanity.
 - b) Strength provided through his Deity.
- 2) Jesus, who had no personal ambition for the position was appointed a priest forever by God His father after the order of Melchizedek. As our sinless High Priest, He had no need to sacrifice for your and my sin. But before that, He brought to God the offering of "a heart torn with anguish and suffering a soul which the conflict of the ages was raging."
- 3) He walked along in a trusting caution about what lay ahead, Because of His reverent, trusting, godly fear for God's Sovereign authority.

A) Feeling a Healthy Fear for God's Authority

- 1) Timidity causes us to act cowardly. Jesus never at any time acted as a coward.
- 2) Some have identified 26 phobias lurking in the dark and hanging ground each emotional corner. Jesus modeled a reverential and godly Fear for his Holy Father. This balanced, healthy feelings you and I can also develop in our lives toward God's Authority. Developing that balance will help release us from ugly, obsessive fears caused by living for self.

B) The Reality of Unhealthy Fear toward God's Authority

- 1) For years we have been told and led to believe that if we will just forget God's authority, common courtesy, and cooperation with others. This "cult of self", replaces agape' love and compassion for others. A reverential fear for God's authority has flown out the window.
- 2) An untiring, unlimited indulgence and uninhibited passion in society, "The Cult of Self has left thousands dissatisfied". The Cinderella myth of living for self doesn't work.
- 3) Satisfaction does not come from over indulgence and uninhibited passion. The only basis for lasting and satisfying self discovery rests on understanding and accepting the fact that we are created in God's image with mind, soul, and emotions (cf Gene. 1:26-27).
- 4) We further enrich our lives by developing self-identity through Christ-designed choices.

- 5) From there we move to a Christ-designed work for ministry and livelihood.
- 6) We need a Christ-designed commitment in relationships.
- 7) Christ is the only way to dethrone “we first” behavior and experience healthy self-satisfaction-we’ll also develop an inner healthy reverential fear for God’s Sovereign authority.
 - ✓ **Genesis 1:26+27**-And God said, Let us make man in our image after our likeness and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth. So God created man in his own image in the image of God created he him; male and female created he them.

C) One Example of Living for Self and not Revering God.

- 8) A biblical example of one enthroned with an oppressive cult of self is Esau twin brother to Jacob, Whose parents were Issac and Rebekah. Jacob developed into a plain, quiet man who dwelt in tents; to the opposite, Esau developed into a cunning hunter enjoying the outdoors. One might think that outdoors, men would develop endurance, stamina, and emotional control. Esau failed to develop self-control; he thought only of what he wanted, and when he wanted it. Esau did not possess the inner strength that comes from self-control. He demanded immediate attention from anyone he could con into serving him.
- 9) Uninhibited passion and over indulgence had weakened Esau to the point of “scorning” a birthright.
- 10) Esau developed no inner control emotionally or reserve and he lived only for self. Jacob’s jealousy kept him from developing an ability to consider others’ weakness.
- 11) Scripture says that Isaac was partial to Esau and Rebekah was partial to Jacob (cf Gen. 25:28). This is one way generational curses can come into being and then passed on until broken through spiritual-warfare prayer. Our Holy Father said, “I the Lord you God am a jealous God, visiting the iniquity of the fathers upon the children to the third and fourth generation...” (Exodus 20:5)
- 12) Neither family had admitted a destructive lifestyle of selfish control and prideful codependency.

D) Jesus Christ and God’s Authority and Healthy Fear.

- 13) In all of Christ’s life on earth we see that He expressed a healthy, reverential fear for God’s Sovereign authority. His fear, however, was not terror, not cowardliness, and not a dread of God.
- 14) Lo, I come.. to do thy will, O God” (Hebrew 10:7) One way was in admitting that since the Father begat Him the father is greater than He. Christ revealed that He could do nothing independently of the father, that the father sent Him to earth. Under God’s authority and directions, Jesus received commandments. Furthermore, the Holy

Father gave Jesus His own authority and the message He declared on earth. The father accomplished worked through Him.

- 15) God heard and answered Jesus because of His godly fear and reverential trust for the father, because of their trust-based relationship. Christ was free to be vulnerable with His Heavenly Parent.
- 16) He unashamedly came to God with a heart filled with agony as He faced the powers of darkness, waging a battle for out sin.
- 17) Trust, not terror or cowardliness, brought forth prayers washed with strong crying and tears as Jesus submitted with a trusting caution of what lay ahead. This gave him an audience with God.
- 18) We come to God for salvation by way of faith in Christ because Jesus submits to the father's sovereign authority. He respected, trusted, and obeyed God's authority. His behavior shows us how we also can revere God and His authority while walking through life.
 - a) First, Jesus submitted Himself to God's authority. He did not seek position or status or power; He accepted God's design for His life on earth.
 - b) Second, Jesus openly expressed His emotional responses to the father-He did not deny feelings, or hesitate, or withdraw from their relationship. In strong crying and shedding tears Jesus talked with the father when He felt the need.
 - c) Third, Jesus trusted God's sovereignty and wisdom. He received responsibility, power, and glory from God to help Him do the Father's will. Christ's straightforward, practical model is possible for each of us to follow.

E) Summarizing our Thoughts

- 19) Express your emotional responses openly to the Father. You need not deny feelings, or hesitate, or withdraw from your relationship with God.
- 20) If you feel the need, talk to the father with crying and shedding of tears. Like Jesus did, trust God's sovereignty and wisdom.
- 21) Receive from Him responsibility, power, and glory to help you do his will.
- 22) But remember that it's your responsibility to connect with Jesus' emotional response model. He can't bless and help you develop a healthy fear for trusting God's authority as you walk through life without surrender.

Chapter 4

Jesus Felt Pressure in Dealing with Stress

Luke 12:50-But I have a baptism to be baptized with; and how am I straightened till it be accomplished!

Luke 8:46-Someone did touch me, for I was aware that power had gone out of me.

- 1) Jesus, being very sensitive to any healing power leaving His body, liked to meet those who came to touch Him. He liked to hear them tell of His touch on their lives and enjoyed talking with them.
 - 2) She (the believer) fearfully came forward and identified herself. Jesus praised her for exercising faith in the face of a most difficult situation.
- A) The Stress of Handling Life's Pressure Points.
- 1) Pressure points are common to each of us. So it was with Christ. He felt crowded and pressed outwardly as well as inwardly.
- B) The Reality of Stress in Pressure.
- 2) Although all pressure we feel in trying to handle life's pressure points is not bad, it can raise us emotional stress. When experiences cause us to be in a state of mental restraint. Where we feel hard pressed by the urgency of circumstances, that pressure.
 - 3) Jesus felt the urgency of dying for our sin. Another type of pressure comes when we are pressed on all sides and feel squeezed emotionally, while trying to deal with others' demands. Trying to deal with the healings and crowds, Christ felt the weight of being pressed and squeezed emotionally.
 - 4) The reality of stress is that while Christ felt pressured and squeezed. He was not the source of His stress. His dealing with either friendly or hostile crowds plus anticipating death...provided the source of Christ's inward/outward pressure points.
- C) One Example of Pressure Points
- 5) Recognizing pressure points is not always easy. My tendency is to keep going, keep trying, keep smiling, and keep ignoring. As a result, some can overload their schedule and make too many commitments without being aware of my overcrowded circumstances. Overcrowding of schedules easily happens.
- D) The Results of Stressful Pressure Points
- 6) Feeling pressure points is one thing, but failure to deal with them is quite another. Stress that's not dealt with can "create upset" stomachs, gnawing fear, splitting headaches, intense grief, excessive drinking, and violent arguments." When our pressure points cause ongoing stress, they must be dealt with for our health's sake.
 - 7) Since feelings of self-worth are sometimes so damaged. We often seek others' approval through unwise and unhealthy choices. We sometimes spew our anger onto the innocent. This will inevitably use problems.
 - 8) Jesus Christ, living within us through the Holy Spirit, provides our needed inner-strength. But we must receive and surrender to His provision, not using His provision one has not given up unhealthy and unwise decisions. Therefore, one is kept from competent information and needed guidance for personal growth, and caves in under pressure.

E) Christ and Pressure Points

- 9) Christ lived with many pressure points in each phase of His life here on earth as a baby and toddler, life was stressful since Mary and Joseph had to protect Him from King Herod's jealous, vicious attempts to end his young life. His teen years, knowing He would have to wait twelve more years before "being about His father's business" was a pressure point. As an adult, Jesus was not immune to pressure when He felt hard-pressed by the urgency of life circumstance.
- 10) When dealing with personalities, healings, and large crowds, Christ felt squeezed and pressed outwardly as well as inwardly. Yet, He was not the source of His Stress.
- 11) Neither did feeling pressured and squeezed by stressful circumstances defeat Jesus. He gave us a practical and realistic model from the above experiences for dealing with life's pressure points.
 - a) First, Christ stayed sensitive to His emotional responses and physical strength. But He kept balance of time, emotions, mind, and energy. He did not over commit, overload, or overcrowd His schedule.
 - b) Second, Christ stayed sensitive to others by focusing on their overall needs. Moreover, in healing sicknesses and weaknesses, He kept a balance and did not deplete his physical and emotional reserves.
 - c) Third, Christ stayed sensitive to His commitment of doing God's Will. He Kept a balance between will and emotions, never losing sight at any time of why He came to live on earth. Because Christ dealt with stress instead of denying it. His inner strength equaled His outside pressures. That's why He can understand our stressful pressure points in everyday life.

F) Summarizing Our Thoughts on Jesus and Stress and Pressure

- 12) Are sometimes our own source of stress? Like Christ, stay sensitive to our emotional responses and physical strength by keeping a balance in time, emotions, mind, and energy.
- 13) Like Christ, refuse to over commit, overload, or overcrowd your life and guard against depleting physical and emotional reserves.
- 14) Like Christ, stay sensitive to doing God's Will but keep a balance between will and emotions.
- 15) Remember, that it's our own responsibility to accept the challenge to discover and connect with Jesus' emotions.



Chapter 5

Jesus Felt Agony in Dealing with Stress

Luke 22:44-And being in agony He was praying very fervently; and His sweat became like drops of blood, falling down upon the ground.

- 1) “Father, if thou art willing, remove this cup from me; yet not My Will, but Thine be done.”(Luke 22:42)
 - a) Crying out to God in agonizing, fervent prayer. His time to die on a cross had come, agonizing over the conflict of obeying and doing the father’s Will.
 - 2) From stressful agonizing over submitting His human will to the father’s will. Jesus would “be made” sin, for our sin. That would be His ultimate agony.
- A) The Stress of Agonizing Over Decisions
- 1) When we suffer severe mental struggles and emotions, we’re in a battleground conflict of agony, even over decisions, feels like the armpit of life.
 - 2) Sadly, many of us moved into adult decision time without having had a “guided” trial-and-error learning. We didn’t have mature parents or teachers to teach us soundness in making decisions based on the “sowing and reaping” principle. Parents are so over protective and fearful of their children making mistakes, they won’t let them make even small decisions.
 - 3) Children grow up without the needed confidence for making decisions, having learned to fear making choices and reaping the results.
 - 4) Parents who don’t want the responsibility of “guiding” their children through trial-and-error years. They relinquish their parental role by allowing the children, even toddlers, to do whatever, whenever, wherever. Those children do not learn how to “count the cost” with choices, and therefore make them too lightly.
- B) The Reality of Stress in Agony
- 1) One common understanding of stress says it’s “essential the wear and tear of living”. Stress has even been called “the virus of our era.” Jesus felt the wear and tear of living just like you and I do.
 - 2) The virus of rampant sin covers our society, there are even more decisions today wearing and tearing our emotions for those of us who tend to deny this, we feel the affects of stress without realizing what’s happening. We have discovered how ongoing stress not dealt with damages our health.
 - 3) Stress dulls our memories, cripples our thinking, weakens our bodies, upsets our plans, stirs up our emotions, and reduces our efficiency.” Even when we believe the blurry teaching that God protects us from everyday trauma, we still feel those stressful effects on our bodies and emotional systems.

- 4) Ongoing stress not dealt with is one of the main reasons we “lose” many fine pastors, missionaries, and other Christian Workers. They become addicted to busyness and rescuing others. As a result, they can’t stop for family time and needed rest. “Without realizing it, we have adopted the pace and standard of the world, and somehow we expect to escape the price that the world is paying-fractured marriages, nervous breakdowns, emotional burnout, and various degrees of depression and inability to cope.
- 5) When Christians fail to take care of their bodies-the Holy Spirit’s temple, We “reap what we sow.” The failure to relax, rest, eat nutritious food, (exercise) and take vitamins and minerals, can actually offset our Bible study and prayer time. Stress, not dealt with can deplete our inner emotional and physical reserves, causing agony (vexation) for us Christians as well as for unbelievers.

C) De-Stress connected with Agony

- 1) There are times when doing God’s Will can result in stressful mental and emotional struggle.
- 2) Paul felt intensely anxious as he tried to convince Christians that God had given them boldness. So they could speak the gospel amidst much opposition. When he exhausted Timothy to flee earthly desires and run to heavenly virtues, he felt anxiety. When Paul endured and persevered in preaching the gospel, that was anxiety-producing for him Paul tried to cope with stressful, agonizing circumstances. They can be helpful and encouraging. (cf Phil. 1:10, 1 Thess. 2:3, 1 Tim. 6:12, 1 Tim 4:7)
 - ✓ **1 Thessalonians 2:3**-For our exhortation was not of deceit, nor of uncleanness, nor in guile.
 - ✓ **Philemon 1:30**-Having the same conflict which ye saw in me, and how hear to be in me.
 - ✓ **1 Timothy 6:12**-Fight the good of faith, lay hold an eternal life, whereunto thou are also called and hast professed a good profession before many witnesses.
 - ✓ **1 Timothy 4:7**-I have fought a good fight, I have finished my course, I have kept the faith.
- 3) The type of agony where we contend with adversaries and struggle with strenuous zeal over stressful circumstances. Some days feel less stressful than others; during those days it is easier to believe God was intervening. But during the more stressful days it was easier to doubt and feel that God had forgotten.
- 4) Yet throughout the time of healing, keep going to Scriptures for encouragement and strength. From interdependence with the Lord, He enabled a year of recovery and healing before returning to a rewarding, successful career.

- 5) When God sees we were serious about doing His will He sends the help that's best for us. The help may not always be that for which we want or hope. The overall picture, though, we can feel confident that "God's way is blameless" as He teaches us His ways. (cf Ps. 23:26, Heb. 3: 10)
 - ✓ **Psalms 18:30**-As for God, his way is perfect; the word of the Lord is tried; he is a buckler to all those that trust in him.
 - ✓ **Proverbs 23:26**-My son, give me thine heart, and let thine eyes obscure my ways.
 - ✓ **Hebrews 3:10**-Wherefore, I was grieved with that generation, and said, they do always err in their heart; and they have not known my ways.
 - 6) When we pass through agonizing times, like Christ did learning God's ways through faith in Christ is best.
- D) One Example of Agonizing Over Stressful Decision Making
- 1) Most of us, like Christ, experience some degree of agony in decision making. Regardless of our position and responsibilities, times of agonizing over decisions can cause stress. Trying to please someone, or determining God's Will, or developing healing thoughts rather than dwelling on evil...obedience to God's Will can involve agonizing.
 - 2) We decided the best decision was to move closer to most of our family. God provided funds necessary for us to buy a house where our "original roots" had been.
 - 3) God led us to a vibrant, lively church where I now serve as Associate Pastoral Counselor. I couldn't visit.
 - 4) During that year, there were many very stressful situations and decisions with which we had to cope. God provided for us, guided us and gave us strength.
- E) Jesus Christ and Stressful Decisions and Agony
- 1) Christ did not live without stress. We can sense the tightening of His nerves and muscles as He struggled in a battleground conflict in prayer. At the end, when he surrendered His human will to God's Divine Will, an angel from Heaven came and strengthened Him. Later, Christ walked over to where the thought His disciples would be praying for Him.
 - 2) His disciples slept rather than stand with him in the prayer gap. That sight aggravated His already severe and extreme mental anguish.
 - 3) Agonizing over stressful decisions and handling life's pressure points, rather than denying or running, enabled Christ to meet His "stressful reality" head-on.
 - 4) Christ wanted God's Will to be done rather than His, regardless of the cost. His healthy emotional responses give grounding and stability for our emotional responses. He is the only one who can

relieve your and my times of agony. Jesus knows how to relieve our pain because His pain was relieved. Christ gave a workable, realistic model.

- a) First, Christ faced His stressful reality head-on. He did not run from, try to control, neutralize, or deny the reality of way.
 - b) Second, Christ looked for a broader perspective in His circumstance. Through prayer He asked His Heavenly Father (His reliable Source) for needed input and then accepted God's answer.
 - c) Third, Jesus stayed with and finished the conflict. Rather than resist, He listened to God's Word's that His time had come to die on a cross for your and my salvation. Regardless of the cost, He accepted and became obedient to God's Will.
- F) Stop running or denying or trying to control. Like Jesus, look first of all to God for a broader perspective. Then if needed look to another reliable source (preferably a mature Christian)-like Jesus let the Holy Spirit help you. **Stay and Finish the Conflict.**

Chapter 6

Jesus Felt Emotional and Physical Suffering in Dealing with Stress

1 Peter 2:21-...because Christ also suffered for us, leaving us an example, that ye should follow his steps.

- 1) "Crucify Him! Crucify Him! Jesus stood in the hall of judgment with a cord bound around His neck and hands, the sentenced criminal. Awaiting Him was the ultimate stress from emotional and physical suffering.
- A) The Stress of Walking Through Suffering
- 1) Suffering evil from another's hands, for most of us, is like the final straw dropped onto our emotional haystack. It's what usually causes our emotional fortress to crumble because the stress of "suffering" is in the eye of the sufferer.
 - 2) Suffering to one may not be the same to another. And more times than not, without realizing it we attempt to suffer according to our parents' modeling. If their model was harmful to them, it will be harmful for us.
 - 3) Emotional suffering is an everyday affair because of unhealthy codependent relationships. Stress they suffer from at the hands, or mouths, of other members of the family or friends'. Paul's intention when he said, "I have become all things to all people." Stressed out from unrecognized or denied suffering.
 - 4) A high rate of Christians suffering from codependency stress. Stress includes both the good and bad, it means something different to each of us. Stress motivates us to be more productive in a

healthy way, and stress motivates us to be more productive in an unhealthy way.

B) The Reality of Stress in Suffering.

- 1) “God develops Spiritual power in our lives through the pressures of hard places.” In hard places it is easy to forget we live in a “fallen world” where Satan is prince of the power of the air. His, the Spirit that’s now working in children of disobedience
- 2) In stress of temptation, Christ willingly comes to our aid when we are tempted. When we do what’s right and then must suffer for it, if we will patiently endure, this is favorable with God.
- 3) It is stressful to know we were called to suffer. (cf 2 Cor. 1:5; Phil. 1:29; 2 Tim. 1:12; Heb. 2:18; 1 Peter 1:20, 2:19, 3:17, 4:16,19)
 - ✓ **2 Corinthians 1:5**-For as the sufferings of Christ abound in us, so our consolation also aboundeth by Christ.
 - ✓ **Philippians 1:29**-For unto you, it is given in the behalf of Christ, not only to believe on him, but also to suffer for his sake. We most often get hung up, on the unfairness of suffering.
 - ✓ **2 Timothy 1:12**-And I thank Christ Jesus our Lord, who hath enabled me, for that he counted me faithful, putting me into the ministry.
 - ✓ **Hebrews 2:18**-For in that he himself hath suffered being tempted, he was able to succour them that are tempted.
 - ✓ **1 Peter 1:20**-Who verily was foreordained before the foundation of the world, but was manifest in these last times for you.
 - ✓ **1 Peter 2:19**-For this is thankworthy, if a man for conscience toward God endure grief, suffering wrongfully.
 - ✓ **1 Peter 3:17**-For it is better, if the will of God be so, that ye suffer for well doing, than for evil doing.
 - ✓ **1 Peter 4:16, 19**-Yet if any man suffer as a Christian, let him not be ashamed; but let him glorify God on this behalf. Wherefore, let them that suffer according to the will of God commit the keeping of their souls to him in well doing, as unto a faithful Creator.
- 4) Suffering can produce wither bitterness or emotional stability; it’s up to us. The unexpected blessings of suffering, when we cooperate with God, is its refining results. Both Job and King David testified of God’s refining results in their lives. We’ve known many who have chosen emotional stability over bitterness as God walked them through the stress of suffering.
- 5) To suffer for the sake of Jesus calls for obedient surrender. “[Suffering] according to the Will of God” is to “entrust our souls to a faithful Creator in doing what is right.”
- 6) This principle often goes against our “emotional grain”. Remember

that when God designs a time of dealing with stress, "It's better to suffer for doing right rather than for doing wrong."

- 7) That brings us to the other side of suffering. Each of us must admit that there are times when we cause our sufferings, we must confess to the wronged person and the Lord, allowing His work of grace and forgiveness. Submitting to Christ empowers us to walk through the stress of suffering. For although we inherit Christ's sufferings in abundance, we also feel Christ's comfort in the midst of suffering.

C) Emotional and Physical Suffering

- 1) "Bear up under sorrows when suffering unjustly...this finds favor" it is "for the sake of conscience toward God". Regardless of the type of suffering, Jesus Christ perfects, establishes, confirms, and strengthens us for His glory and honor as He walks us through the suffering. (cf 1 Peter 5:10)

✓ **1 Peter 5:10**-But the God of all grace, who hath called us unto his eternal glory by Christ Jesus after ye have suffered a while make you perfect, stablish, strengthen, settle you.

D. Jesus Christ and Suffering Stress

- 1) Christ was not the Source of His pressures, neither was He the Source of His sufferings, Christ never forgot that He came to earth to suffer for your and my sin. Jesus, the perfect, died for us, the imperfect.
- 2) The New Testament gives numerous and specific ways for which He suffered emotionally and physically. He suffered many things from elders, scribes, and chief priests. He was rejected and treated contemptuously. He suffered in the flesh, once it was necessary for the salvation of mankind. (cf. Matt. 16:21; Mark 8:31, 9:12; Luke 9:22, 22:15, 24:26; Acts 3:18, 17:3; Heb. 5:8, 9:26; 12:13-14; 1 Peter 1:21-25, 2:23-24, 3:18, 4:1)
 - ✓ **Matthew 16:21**-From that time forth began Jesus to shew unto his disciples, how that he must go unto Jerusalem, and suffer many things of the elders and chief priests and scribes and be killed, and be raise again the third day.
 - ✓ **Mark 8:31; 9:12**-And he began to teach them, that the Son of man must suffer many things, and be rejected of the elders, and of the...
- 3) Even under the most terrible afflictions, Christ was patient. He carried our sins in His body to the cross so that we might die to our sins and live for His righteousness. Just as Christ was called to suffer, and not for vain glory, so are we. Like Christ did not run from suffering, but walked through it, we are to carry out His example.
 - a) First, Christ did what was right and suffered for it. Jesus patiently walked through suffering, knowing He was not the Source of Stress.

- b) Second, Christ knew His suffering was in obedience to God's Will-Jesus felt no shame while walking through stressful suffering, knowing that deceit wasn't in Him.
- c) Third, Christ knew He suffered for the sake of righteousness. Jesus spoke no evil to his persecutors and uttered no threats-He just kept surrendering Himself to God.

Chapter 7

Jesus Felt Grieved in Dealing with Stress

Mark 3:5-And when he had looked round about on them with anger, being grieved for the hardness of their hearts, he saith unto the man stretch for thine hand. And he stretched it out; and his hand was restored whole as the other.

- 1) The Pharisees closely followed Jesus in the synagogue because they wanted to find something to use against Him. Christ knew they were scrutinizing His decisions, especially to find Him in error.
 - 2) Legalism-is any part of the Law functioning to the detriment of mankind is not in harmony with Divine purpose. Living by the Law, though, was more important to them than feeling compassion for another in need. The Pharisees refused to respond.
- A) The Stress of Dealing with Inner Grieving.
- 1) Inner grieving can run the gamut from superficial annoyances or worry all the way to heart rending longing for an expression of agape' love. That love gives value and acceptance to another simply because each of us was created in God's image and possess His worth. Failure to feel value and acceptance toward another causes the Lord Jesus, as well as the one needing love to feel grieved-feeling inwardly grieved with someone causes us a disturbing level of stress.
 - 2) They preferred a hard heart of self-righteously keeping the Law, over a soft heart of compassion for others, to grieve inwardly at their hardened hearts. Dealing with difficult people during times of grief is especially stressful. It's like they're emotionally blind and cannot "see" our real inner self. Added to that, they are emotionally deaf and cannot hear our grief.
 - 3) Topping it off, they have damaged vocal cords from choosing the wrong time to say the wrong thing.
- B) The Reality of Stress in Grieving.
- 1) Living under daily scrutiny from Satan who wants to destroy us or our ministry is essentially the wear and tear of living. This is aggravated by change, busyness, criticism, difficult people, conflict, others' uncontrolled emotions, concerns, and crises.

- 2) When we struggle with inner conflict because of unclear direction, trying to deal with these stressors can prove too much. We find ourselves doing things we don't want to do or failing to do things we need to do. (cf Rom. 7:15-16)
 - ✓ **Romans 7:15+16**-For that which I do I allow not: for what I would, that do I not; but what I hate, that I do. If then I do which I would not, I consent unto the law that it is good.
- 3) Any reality that causes us to feel anxious, confused sorrowful or perplexed is stress and affects our emotional, spiritual, physical, and moral capacities. STRESS IS ANY REALITY THAT BLUES OUR FOCUS ON JESUS CHRIST AND CAUSES US TO LOSE THE CALMING PEACE OF GOD. AVOID UNDESIRABLE GRIEF WHENEVER POSSIBLE.
- 4) Inward grieving of any kind is not handled well in the Christian. Observe and connect with Christ's healthy emotional responses. Therefore, our emotions won't be all over the place. Overall, we don't have healthy boundaries or adequate expressions for our emotional life, especially grieving. We, for the most part, no longer grieve over our sin or others'.
- 5) We've believed the lie that "tolerance" rather than Christ's righteousness should be today's standard bearer. We must remember that Jesus was ANGRY and grieved over the Pharisees' sin-hardened hearts. If we want His blessing, we must be willing to go through the stress of grieving over sin and turning from it.

A) Examples of Stressful Inner Grieving.

- 1) Stress of inner grieving feels at times like alcohol poured on an open sore. We plead "Where is God? Why does He continue to allow people to hurt me?" In order to survive emotionally and mentally, we repress the memories. As a result, we live with an almost nonexistent Christ centered self-worth. Circumstances seemed to aggravate inner grieving which can be manifested as anger and rebellion (iniquity emphasis mine). Patterns of feeling unloved and having exaggerate feats begin to cover relationships. Uncontrollable crying and shaking can overwhelm us for several minutes, making it almost impossible to talk or describe what one is feeling and thinking. Even though one knows and loves the Lord Jesus Christ, inner grieving often feels almost too heavy to bear even with God's help. Relate to Christ's inner grief over the Pharisees' hardness of heart when He wanted to heal a crippled Hand. She also has felt others' lack of compassion and understanding. Critical and important Christians still misunderstand these people, who hurt very deeply yet try so hard to deal with their inner pain through legitimate anger or frustration are met with condemning and quick answers or solutions, lacking compassion, causes additional stress for hurting people.

- 2) In a different way, some tried to get healed instead of listening, praying and weeping with them-A relationship with Christ gives me a higher purpose, I have given my life to God, it was really His (life) not mine. While one still at times grieves life, when viewed from God's perspective we see it as a challenge. God's special emotional healing takes the stress out of healthy inner grieving.

B) Jesus Christ and Grieving and Stress

- 1) Christ lived disappointments and was acquainted with inward grieving. Yet, He was not filled with bitterness, He was filled with compassion; that's why He wanted to heal the man with a crippled hand.
- 2) His intense grief over their hardness gave Him a heavy heart. Jesus' burden caused Him the stress of having to confront sin. Christ didn't let their judgmental scrutiny and hardened hearts keep Him from healing the man's crippled hand.
 - a) He modeled how to deal with stress by expressing healthy inward grieving for each of us in our own times of stress.
 - b) As well as feeling with others their pain.
 - 1) First, Christ owned His emotions. He openly expressed anger and grief over the Pharisees' stubborn and hard hearts.
 - 2) Second, Christ felt what He felt. He did not pretend that the Pharisees' lack of compassion was okay. He did not "tolerate" their sin; Christ felt angry with them.
 - 3) Third, Christ did not allow His anger to turn bitterness. He expressed it and then did something constructive about His inward grieving. Christ's anger and grief did not make Him emotionally inoperable. He expressed appropriate emotions for the occasion and then continued with His responsibilities.

C) Helping others Deal with the Stress of Inner Grieving

When we see others who need encouragement to deal with inward grieving follow this model of Jesus Christ.

- a) First, Encourage the one grieving to own his/her emotions by "telling" about the hardened heart who caused the pain. Grieving people need a friend or loved one to sit quietly and listen without showing impatience or a judgmental attitude.
- b) Second, encourage the one grieving to feel what he/she feels grieving individuals need a friend or loved one to give encouragement, acceptance, and time for healing.
- c) Third, encourage the one grieving to express a healthy anger. But, encourage the grieving to express one to prevent anger from being stored up and turning to bitterness by "doing something

constructive” about their undeserving hurt. Constructive action will help control and reduce the anger level, helping the individual to do what is necessary in dealing with inward grieving over emotional pain and loss. But our listening, feeling, and helping must be filled with Christ’s wisdom and compassion.

F) Summarizing Our Thoughts on Jesus and Stress and Inner Grieving.

- 1) Like Christ did, own your emotions and grieve over your heart. Like Christ did, feel what you feel. Don’t pretend that the person’s lack compassion was okay, and don’t “tolerate” their sin. Express a healthy anger over your emotional pain and loss. Spend a limited time grieving over a stubborn, hard hearts of those responsible for your hurt. Like Christ, do not allow your anger to turn to bitterness. Control your anger and inward grieving by doing something constructive, under the Holy spirit’s guidance. You may need to talk out the hurt; seek prayerful support (use financial support or legal advice) [Not toward fellow believers]; or **SCRIPTURAL RECONCILIATION**. Christ’s emotion helped make sense out of this crazy world.

Chapter 8

Jesus Felt Compassion for Those Moving Through Trials

Matthew 9:36-But when he saw the multitudes, he was moved with compassion o them, because they fainted, and were scattered abroad, as sheep having no shepherd.

A) Feeling Compassion for others Moving Through Trials

- 1) The compassion Christ felt is the same emotion we feel when we’re moved in the inward parts to feel compassion for another. *Compassion is “The emotion most frequently attributed to Christ. The expression of deep love when confronted by the desperate need of fallen man and women-a movement in the inward parts to help meet a need, “love in action”.*

- 2) Sympathy or kindness or mercy

- ✓ **1 John 3:17**-But whoso (hath) this world’s good, and seeth his brother have need, and shutteth up his bowels of compassion from him, how dwelleth the love of God in him? *Relationships where we do for others what they can and not a codependent need to do for themselves.* He’s encouraging us to not shut off those feelings by rather **feel an active compassion for others.**

B) The Reality of Compassion

- 1) Compassion has been described as the times when we feel sorrow for another's suffering or trouble **and are moved with an urge to help.**
- 2) Others see compassion as "doing good" without the "inward feeling" and thus misunderstand the basic thought behind (Matthew 7:12).
 - ✓ **Matthew 7:12**-Therefore all things whatsoever ye would that men should do to you, do ye even so to them; for this is the law and the prophets.
- 3) First, a heart attitude and not necessarily doing.
- 4) There are five different words from numerous Scripture of the compassion family used in the New Testament, which shows various kinds of experiences.
 - ✓ **Jude 22**-*And of some have compassion, making a difference.*
 - ✓ **Matthew 18:33**-Souldest not thou also have had compassion on thy fellow servant, even as I had
 - ✓ **Matthew 5:19**-Howbeit Jesus suffered him not, but saith unto him, go home to thy friends, and tell them how great things the Lord hath done for thee, and hath had compassion on thee.
- b) Display Moderation
 - ✓ **Hebrews 5:2**-Who can have compassion on the ignorant, and on them that are out of the way; for that he himself also is compassed with infirmity.
- c) To have pity or mercy
 - ✓ **Romans 9:15**-For he saith to Moses, I WILL HAVE MERCY ON WHOM I WILL HAVE MERCY, AND I WILL HAVE COMPASSION ON WHOM I WILL HAVE COMPASSION.
- d) To suffer with another
 - ✓ **Hebrews 4:15**-For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin.
 - ✓ **Hebrews 10:34**-For ye had compassion of me in my bonds, and look joyfully the spotting of your goods, knowing in yourselves that ye have in heaven a better and an enduring substance.
 - ✓ **1 Peter 3:8**-Finally, be ye all of one mind, having compassion one for another, love as brethren, be pitiful, be courteous.
- e) (Of Heart) Combined with about figurative usage
 - ✓ **Luke 1:78**-Through the tender mercy of our God; whereby the day spring from on high hath visited us.
 - ✓ **2 Corinthians 6:12**-Ye are not (straighten) in us, but ye are (straightened) in your own (bowels).
 - ✓ **2 Corinthians 7:15**-And his inward affection is more abundant toward you, whilst he remembereth the obedience of you all, how with fear and trembling ye received him.

- ✓ **Colossians 3:12**-Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering.
- ✓ **Philemon 7, 12, 20**-For we have great joy and consolation in thy love, because the bowels of the saints are refreshed by thee, brother. Whom I have sent again again: Thou therefore receive him, that is, mine own bowels. Yea, brother, let me have joy of thee in the Lord: refresh my bowels in the Lord.
- ✓ Of deeply felt affection, tender mercies (combined with above in figurative usage)
- ✓ **Philippians 1:8**-For God is my record, how greatly I long after you all in the bowels of Jesus Christ.
- ✓ **Philippians 2:1**-If there be therefore any consolation in Christ, if any comfort of love, if any fellowship of the Spirit, if any bowels and mercies.
- ✓ **Matthew 9:36**-But when he saw the multitudes, he was moved with compassion on them, because they fainted, and were scattered abroad, as sheep having no shepherd.
- ✓ **Matthew 14:14**-And Jesus went forth, and saw a great multitude and was moved with compassion toward them, and he healed their sick.
- ✓ **Matthew 15:32**-Then Jesus called his disciples unto him, and said, I have compassion on the multitude, because they continue with me now three days, and have nothing to eat: and I will not send them away fasting, lest they faint in the way.
- ✓ **Matthew 18:27**-Then the lord of that servant was moved with compassion, and loosed him, and forgave him the debt.
- ✓ **Matthew 20:34**-So Jesus had compassion on them, and touched their eyes: and immediately their eyes received sight, and they him.
- ✓ **Mark 1:41**-And Jesus, (moved with compassion), put forth his hand, and touched him, and saith unto him, I will; be thou clean.
- ✓ **Mark 6:34**-And Jesus, when he came out, saw much people and was moved with compassion toward them, because they were as sheep not having a shepherd: and he began to teach them many things.
- ✓ **Mark 9:22**-And oft times it hath cast him into the fire, and into the waters, to destroy him: but if thou canst do anything, have compassion on us, and help us.
- ✓ **Luke 7:13**-And when the Lord saw her, he had compassion on her, and said unto her, weep not.
- ✓ **Luke 10:33**-But a certain Samaritan, as he journeyed came where he was and when he saw him, he had compassion on him.

- ✓ **Luke 15:20**-And he arose, and came to his father. But when he was yet a great way off, his father saw him, and had compassion, and ran, and fell on his neck, and kissed him.

FIVE POINT COMPASSION PRAYER

- 1) *Father, let me see Jesus' compassion for people.*
- 2) *Jesus, help me believe You have the same compassion for me.*
- 3) *Jesus, help me see people as You see them.*
- 4) *Jesus, help me to feel like You feel.*
- 5) *Lord Jesus, help me to express my knowledge and feelings of You through affirming action for others.*

C) One Example of Compassion

- 1) Today, while moving through trials, we experience much of Christ's compassion from those He speaks to by the Holy Spirit. For even today, from His throne, Christ looks down and His compassionate nature is aroused by the sight of individuals feeling distressed while moving through trials. *Our obedient response through compassion helps others become recipients of Jesus Christ's compassion. The Lord supplies needs one step at a time.*

D) Jesus Christ and Compassion and Trials

- 1) Compassion to Jesus is not just a feeling. Christ felt a profound "internal movement" in His emotional nature when He saw distress. *Compassion is never impartial; it always has a target. Each time Christ felt compassion for others, He responded with some sort of intervention in their lives. Christ, at times met their needs by Himself; at other time, He involved others to help Him. HE USED CREATIVE WAYS IN REACHING OUT.* The God-man felt, looked, and acted appropriately in each occasion.
- 2) Christ had a merciful heart, felt deep affection, and *exposed tender mercies in refreshing others' hearts. In the face of others' sin, Jesus SHOWED GREAT SELF-RESTRAINT.* He never seemed horrified or hysterical. He did not yell and seldom showed astonishment at sin. Christ's reaction in the presence of sin is strength, not weakness, and His attitude is never mere disgust. Sin caused mankind to hate Jesus without cause.
- 3) *Make sure we have not for whatever reason cut off our inward emotions of pity or sympathy or kindness or mercy. Relating to others through coldness or anger or hostility because of what someone has done to us is not Christ's model. That behavior is the*

opposite of a forgiving, merciful heart. Remember inward emotions of sympathy or kindness or mercy can be kept alive and active. BECAUSE OF CHRIST'S PRESENCE AND MY SURRENDER TO IT.

- **First**-Jesus felt a deep, inward movement (burden) of compassion for those moving through trial. He did not deny or turn off His emotions of sympathy, kindness, and mercy.
- **Second**-*Jesus looked at each situation and determined the need and solution. He neither ignored individual needs nor compared or shrunk them. He related to each hurting person with honor and dignity.*
- **Third**-Jesus met each need in a way that was best for the individual or group or circumstance. He first of all used what was at His disposal under the Holy Spirits creative guidance in meeting that need. *He neither showed partiality nor encouraged codependency.*

E) Summarizing Our Thoughts on Jesus and Trials and Compassion

- 1) If you did not receive compassionate parenting and desire to feel more compassion for others, use Jesus Christ's creative "love in action". You can learn to feel a deep, inward (burden) movement of compassion for those moving through trial. That's the opposite of turning off emotions of pity, sympathy, kindness, and mercy. *Look at each situation and determine the need and solution for relating to each hurting person with honor and dignity. You can learn to discern between codependency and compassion. You can meet needs in a way that's best for each individual or group or circumstance.*

Chapter 9

Jesus Felt sympathy For Those Moving Through Trials

- ✓ **Hebrews 4:15**-For we have not an high priest which cannot be touched with the feeling of our infirmities, but was in all points tempted like as we are, yet without sin.
 - 1) "Do not let sin harden your hearts." The High Priest gave unselfishly of His time and energy to others as He moved through life, for He knew that moving through trials was painful from birth until

the resurrection, Jesus moved from one heavy trial to another.

- 2) This wide variety of emotional and spiritual suffering through 33 years had developed with Him a deep sympathy for others walking through pain. Since, He was tempted in every way like we are, Jesus, can and does sympathize with our weakness because He knows what it feels like to suffer from the devil's persistent pressure to sin.

A) Expressing Sympathy to Others During Times of Trial

- 1) Giving in to trials and pressures has stripped us of time, energy, or desire to use Christ's model in sympathizing with others during hard times. Sympathizing is basically the emotion that cover us when we feel the same feeling as, or for, or with, another.
- 2) Christ's way of sympathizing with us. There is a significant difference between feeling compassion and feeling sympathy.
 - a) Those needing sympathy want someone to sit and listen, then feel for them.
 - b) Those needing compassion want someone to feel with them, look at their needs, and then act on their behalf.
- 3) We must be willing to receive when we need sympathy. Some Christians are so entrenched in "doing for others" they cannot allow others to do for them. The only time sympathy is used of Jesus Christ in Scripture we're told that He 'sympathizes' with our weaknesses. He sits or spends time with us, listens to us, and then feels with us. His example of showing sympathy is just the opposite of that shown in much of today's church.

B) Using a Christ-Designed Community to Express Sympathy

- 1) Jesus designed a helpful, healthy way for Christians to restore or reinstate a Sister or Brother with Sympathy.
 - ✓ **Galatians 6:1**-Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness: considering thyself, lest thou also be tempted.
- 2) This sympathy comes from being united with Christ. Many fail to understand what it means to be united in Christ, or to have Christ in us. By the Holy Spirit's power, Christ dwells in the justified soul born of God. Both Christ and the Holy Spirit make known to us our Father's love from experiencing His agape love. We turn from self-centeredness to express real sympathy to others.
- 3) Trying to express sympathy is unusually more effective in small support type groups are needed to help build times of closeness, sharing, and trust within each local church.
- 4) The Spirit carries on Christ's work calling, gathering, transforming persons into likeness to Christ's communicating to them the benefits of redemption. The Holy Spirit, has the role of coming along side us

as a friend or counselor to take our part, always lending aid as a partaker in our cause.

- 5) He sets us free from self-centeredness so we can sympathize with others. His power enables us to come along side hurting sisters and brothers just as He comes alongside to aid or support us. Usually this “coming alongside” others can happen more freely and sincerely in small support groups.
 - 6) This community idea includes love, agape; fellowship, koinonia; and church or coming together, ekklesia. Agapé is the caring concern we feel for one another that gives a foundation of love to community. Koinonia, is the fellowship and joint participation and sharing together that we enjoy and gives strength to community. Ekklesia, is a called-out group of people in an assembly or a gathering together that we share and gives uniqueness to community.
 - 7) The Body of Christ comes together, ekklesia, to share our lives, koinona, because of concern for each other, agape. With many people suffering in the Body of Christ, we can’t afford to be ignorant of or to ignore these three Scriptural ideas any longer.
- C) Using Sympathy in Restoring One Another
- 1) One heavy trial is going through the shame and ridicule usually heaped on a Brother or Sister when some weakness is learned or exposed. Instead of coming alongside to give aid, a feeling of paranoia spreads its ugly tentacles over the local Christian community. Rather than praying for and trying to “aid” the hurting Christian; most of us seem to withdraw into an emotional cocoon.
 - 2) Any vulnerability or accountability that had found its way into the Body of Christ is replace by masking and pretending. The hurting Brother and Sister stands before us exposed, with no one to dress and cover emotional wounds. Men who are supposed to be filled with agape love, attack and criticize rather than listening in order to give forgiveness and restoration.
 - 3) Come alongside to spend time comforting, sharing, exhorting, and loving one another, allow time together to express anger, humiliation, confusion, and sadness. As acceptance, forgiveness, and agape is felt one is able to receive Scriptural exhortation. God provides competent Christian counselors to help with emotional needs.
 - 4) This is Christ’s sympathy plan of restoration from Galatians under the Holy Spirit’s guidance and with Christ-designed sympathy, walk through a fiery trial to recovery and restoration.
 - a) Establish a precedent of enduring with and carrying one another’s burdens, and so fulfill the law of Christ (Gal. 6:2, cf 5:14).
 - ✓ **Galatians 6:2**-Bear ye one another’s burdens and troublesome moral faults.

- ✓ **Galatians 5:14**-For all the law is fulfilled in one word, even in this; Thou shalt love thy neighbor as thyself.
 - ✓ Paul does not suggest a codependency relationship, rather the opposite-we're to realize that sin is sin, regardless of the type or label.

We're to feel with the fallen Christian and not relate with a pretended-sinless superiority, as though we've never sinned. This carrying another's burdens and faults suggests a need for respect and privacy. The fallen one's "sin information" should not be broadcast to the church or community or media.

- b) Establish Scriptural instruction for them in gentleness, not harshness, or judging or accusing. This calls for hearing the facts without being critical or interrupting, except for fact-clarification questions. Listening gives the fallen Christian opportunity to state facts according to his/her perception. It shows what we're faced with.
 - c) If possible, set a time frame for the restoration designed to reinstate the fallen one as a valued, forgiven Brother or Sister in agape-loving acceptance. Since each of us responds to counseling on a different time frame, individual needs must be upheld. Usually, the underlying reason that cause most Christians to fall will spin back to their childhood. These traumas, disappointments, violations, or broken trust must be dealt with for complete emotional and spiritual healing.
 - d) Design a "celebration time" where the restored Christian can share what God has done (Galatians 6:6). This time can either be with the whole church body or a designated group that represents the local church. The teacher(s) needs to accept the restored one as an equal spiritual peer. This frees one to move from restoring to a fully restored Brother or Sister. A special celebration time will also alert other members that sinners sin and must be dealt with. It demonstrates that restoring and reinstating are done in an absence of superiority. Jesus Christ gave this restoring-reinstating model for us, His Body, to use.
- D) Jesus Christ and moving through Trials and Sympathy
- 1) His heart is not cold toward our weaknesses; rather, Christ feels a "fellow feeling" with us. Feeling with each other rather than condemning or judging will help restore the Christian community Christ intended.
 - 2) Our High Priest knows that like a roaring lion Satan roams to and fro. He seeks individuals to drag into his lair of temptation from every culture and walk of life. Jesus knows it is hard for us to resist the Devil's pressure from "the lust of the flesh, and the lust of the wyes and the boastful pride of life". Christ does not excuse or wink at our sin.

- 3) Rather than dwelling on one another's sin of giving in to Satanic temptation, but He remained sinless. This provides us with hope and strength.
 - 4) Christ's sympathy with us in hard times motivates us to sympathize with others during their hard times understanding and accepting this truth shows us we are called to "see" in each other a Christ-like nature, to believe in each other as saints (Brothers and Sisters), and to build up each other. This is practicing Christ's model of feeling for and with another as we move through trial, irregardless of who is to blame.
 - a) First, Jesus does not excuse sin, but He understands humanity's weaknesses in the face of Satan's persistent pressure to sin.
 - b) Second, Jesus understands our weaknesses and sympathizes with us. He feels with us because of suffering from Satan's persistent pressure to sin.
 - c) Third, Jesus through His suffering, showed us how to resist Satan's temptations. Through the Holy Spirit's power He revealed the devil's evil, persistent pressures to sin.
- E) Summarizing Our Thoughts on Jesus and Trials and Sympathy**
- 1) Like Jesus, don't excuse your or others' sin. Remember your weakness in the face of Satan's persistent pressure to sin, and consider the weakness of others.
 - 2) Jesus does not despise your weakness but sympathizes with you, feel a "fellow feeling" with others in their weaknesses as they face Satan's persistent pressure to sin.

Chapter 10

Jesus Felt (Agapé) Love in All Relationships

- ✓ **John 15:9, 12**-As the Father hath loved me, so have I loved you: continue ye in my love. This is my commandment, that ye love one another, as I have loved you.
- 1) "It is finished" (John 19:30). The teased, bruised, and bleeding body of Jesus relaxed as He released His Spirit into God's Hands. He felt no anger. He felt no resentment. His was a pure faith, a completed love.
 - A) Expressing feelings of Agapé (love) in Friendship
 - 1) Self-sacrificing love is what enables humanity to function in society rather than to explode. This type of love we need to keep in prominent view as the impulse and standard, which Christ asks from his people. Produced within us by the Holy Spirit. It is to become the "essence" for our life in Jesus Christ.
 - 2) To describe our feelings, we use the one word, love. But Greeks used the words agape, phileo, stergos, and eros to describe their feelings. Only Phileo and agape are used of Jesus in the New Testament.

B) The Reality of Our Agapé (Love) Emotions

- 1) A Emotions pyramid divided horizontally into four sections
 - Agapé** (covers the bottom section) which gives a feeling of preciousness and acceptance providing security and stability.
 - Phileo** which gives a feeling of unimpassioned friendly affection or fondness for pleasurable qualities in another.
 - Stergos** which gives a feeling of natural affection including kindness, forgiveness, and sympathy.
 - Eros** which gives a feeling of attraction of one sex to another.

CORRECT EMOTIONS PYRAMID

Surrendered to
(GOD in Christ)



(MAN) Rooted and Grounded in CHRIST (WOMAN)

INCORRECT EMOTIONS PYRAMID

Lack of surrender to GOD

(MAN) Rooted and Grounded in Sensuality (Self) (WOMAN)



- 2) If we base a relationship on an inverted emotions pyramid, the unstable and fragile feelings of eros will topple with the slightest wind of controversy. Yet, the strongest winds and most horrific storms cannot budge a pyramid base founded on a self-sacrificing, accepting love.
- 3) Some of us, along with parents, peers, grandparents, or other relatives, lived worked with Christians, who for the most part operated under the umbrella of a benevolent, self-sacrificing love. Contentment was widespread. Satisfaction came from helping a neighbor. Such choices fulfill Christ's commandments to love our neighbor, be kind to others, and love the Lord God.
- 4) Jesus asks from us a self-sacrificing love. He chose and appointed us to go and bear fruit for Him. "Bearing fruit" is more than just doing the work of an evangelist. That limited view overlooks the love of benevolence. Many understand why Paul says, "If I...do not have love, it [good works] profits me nothing." (1 Corinthians 13:3) As a result, they do all kinds of "works" trying to receive a feeling of being accepted and loved.
- 5) He isn't saying work for love; rather he's saying that in order to love others for themselves, we must first have felt an accepting love from another. That is why healthy parental

love is so important for a child. When children do not “feel” love’s true essence, an emotional vacuum is formed within them. In trying to fill it, they “work” for love. And, arguing about love rather than letting God’s love flow into that vacuum emotionally cripples us and keeps us from loving.

- 6) The “love of benevolence” Paul speaks of is not so much a love of finding good as that which intends good, self-sacrificing love is the foundation of its twin companion, COMPASSION.
 - 7) Paul is telling us that if we’ve never known accepting/approving love, we cannot give accepting/approving love because we don’t know how Christ’s compassion for our good pours out agape “in our hearts through the Holy Spirit.” cf (Romans 5:5)
 - ✓ **Romans 5:5**-And hope maketh not ashamed; because the love of God shed abroad in our hearts by the Holy Ghost which is given unto us.

That’s one way God “reparents” us and fills our empty hearts crying out for acceptance and love we’ve never known.
 - 1) Another way He (God) reparents us is through the loving acceptance and encouragement from Christian Brothers and Sisters. Yet, love is two-sided; it’s not only receiving, love is giving. In model agape, Christ gave us responsibility. He told us to “love others as He loved us.” One motivation to love comes from His calling us “friends,” which shows that we’re the recipients of His love.
 - 2) When we receive accepting love from Brothers and Sisters in Christ, we then have love to give. We love because we are loved. Having and feeling love empowers us to give to others, even to sacrifice. Self-sacrificing, benevolent love given according to Christ’s design profits us and those to whom we give because we are being connected with His healthy emotions.
 - 3) When my sons and daughters were small, I would hug them and say, “I want you to know I love you just as you are.” Parental love is respectful and appropriate, even in their teens they didn’t mind hugging in front of their friends. Into adulthood, they will still desire the warm, affectionate hugs.
 - 4) In spite of tragedies, I believe healthy hugs help children to begin connecting with Christ’s healthy emotional responses.
- C) One Example of Expressing Agapé (Love) in Relationships
- 1) The Proverbs woman in (Proverbs 31:10-31) gives us one practical model. There are still mothers who work faithfully to care for children. In teaching them responsibility with home chores and school homework, being careful to encourage them for their efforts. She teaches them God’s

truths from the Bible as well as by her actions. She gives her children sincere praise for who they are and the positive qualities she sees in them.

- 2) She tries to teach them kindness, mercy, forgiveness, and love by her responses to them. When they feel sad, she encourages them to talk about their disappointments. When unkind, she asks for forgiveness and forgives them when they in turn ask for forgiveness. She plays with them, doing the fun things they like. She faithfully takes them to church and encourages them to participate in the activities provided for their age group. She tries to minimize competition between her children by giving loving appreciation for their individual achievements and awards. “God gives us new strength daily. Belief that character is being built in both me and my children through the self-sacrificial, accepting love we share.”

D) Jesus Christ and Relationships and Agapé (Love)

- 1) Even though Christ’s actions were love motivated, only in Mark 10:21 was love attributed to Him. A rich, young ruler asked Christ the way to “inherit eternal life.” After listing the commandments, the young man said, “Teacher, all these I have observed from my youth.” Jesus felt an accepting, benevolent love for him; however, Christ was unable to intervene in the man’s life until he could let go of an unhealthy attachment to money.
- 2) These behavior models of Christ differentiate between the actions of love and compassion. When feeling:
 - compassion for others, Christ was always moved to a and able to take action on their behalf,
 - agapé for others, He tried to motivate them to unselfish action either for Him or for others.
- 3) Eros, passion seeking satisfaction, is self-centered and takes rather than gives. In contrast, accepting benevolence esteems and prizes another unconditionally and gives without asking anything in return.
- 4) Jesus said clearly that those who love Him will keep His commandment to “love one another, just as I have loved you” (John 15:12). Yet, loving another unconditionally and giving without asking in return cannot be accomplished on our own. Self-sacrificing benevolence love is devoid of sensuousness, recognizes an individual’s worth, and gives acceptance. It is truly a love called out of one’s heart by the preciousness of the person loved. Whether our relationships are close, neutral, or in between, Christ modeled how to give an accepting love.

*One, Christ accepts us where we are and sees us as persons of worth. That's the way we're to accept ourselves and others-regardless of race, color, church status, or employment.

*Two, Christ prizes, values, and sees us as precious and that's the way we're to relate to others. But He did not call us to do for ourselves. Christ calls us to interdependence with Him through ACCEPTANCE, INSPIRATION, and SURRENDER.

*Third, Christ loves in us our God-given valuable qualities and we're to look for, develop, and use them. He calls us to keep His commandments, use spiritual gifts, and practice spiritual fruit showing our love for Him.

E) Summarizing Our Thoughts on Jesus and Relationships and feeling Agapé

- 1) Jesus accepts you where you're at and sees you as a person of worth, relate in the same way to others. Like Jesus prizes you and values you and sees you as precious, relate in the same way to others.
- 2) Like Jesus loves the God-given valuable qualities in us, so relate to others. The responsibility is ours to experience and connect with Jesus Christ's emotional responses.

Chapter 11

Jesus Felt (Phileo) Love in a few Relationships

✓ **John 11:3, 36; 20-29**-“Lord, behold, he whom You love is sick.”

“...Behold how he loved him...”

“...can...to the other disciple whom Jesus loved.”

- 1) Christ had developed friendships on different levels. Because of sharing an “inner community” with many things in common, Jesus had enjoyed a friendly affection with them.

A) Expressing feelings of Phileo (Love) in a few friendships

- 1) From the heart display friendship through affection, a fondness of liking, for those who display pleasurable qualities like those of myself. Such an unimpassioned and friendly love. cf (John 15:9, 12)

✓ **John 15:9, 12**-“As the father hath loved me, so have I loved you: Continue ye in my love.” “This is my commandment, that ye have one another, as I have loved you.”

- 2) This type of love is used only three times of Jesus, and it means to feel a mutual attraction for another.
- 3) Those who are involved with homosexuality and pushing for same-sex marriage are working long hours to change this unimpassioned and friendly affection into a lustful passion.

4) The “unnatural” behavior, designed by Satan, has caused many to grow increasingly fearful of a healthy and normal closeness with others of the same sex. This “fear” is the dread that a healthy, normal friendship might “turn into” on “unnatural” and unhealthy type of friendship that God HATES.

B) The Similarity of Stergos to Phileo and Its need in Society

(Not in the Bible?)

- 1) The normal, natural affection felt for another is STERGOS love. Similar to the unimpassioned love of friendship.
- 2) If we use Stergos as a noun with the Alpha prefixed, its regular meaning of “a natural affection” is defined then as “the opposite to what it meant in itself.” In other words, the irregular meaning becomes “without natural affection.” In Romans 1, Paul very clearly describes those who had knowingly left their “natural affection” to BEHAVE in a sexual manner contrary to “God-designed nature.”
- 3) God placed within humanity “a natural movement of the soul” when He created Adam. This natural affection bonds husband with wife, parents with children, neighbor and neighbor, or people within communities. Shakespeare called natural affection the “milk of human kindness.”
- 4) Without this type of love God has given us for others, we would destroy each other. Our God-designed emotions must not be perverted either in natural affection or in unimpassioned love for others.

C) One Example of Expressing Phileo (Love) in Relationships

- 1) Females of all ages are usually recognized as having more friendship than most males. This often causes relational problems in marriage.
- 2) The “promises” include commitment to Jesus Christ, scripture, marriage, vital relationships, purity, a local church, influencing the world, and reaching beyond racial or denominational barriers.
- 3) Like Jesus, they are feeling drawn to those who display pleasurable qualities of themselves. Men are discovering the healthy affection or fondness of others through responsibility, giving, receiving, closeness, openness, and friendship.

D) Jesus Christ and Phileo (Love) and Relationships

- 1) Jesus shows us clearly that it’s okay to feel different levels of like and love with different individuals in relationships.
- 2) Jesus felt self-sacrificing love for a few. He felt drawn to those who displayed pleasurable qualities like those of Himself. This love is “not unethical, being perfectly proper in its place... and imposes no obligations upon the one who shows this affection. His purity and sensitivity in building relationships provide the best model for us to follow.

- 3) Jesus Christ felt different emotions at times for His disciples and followers, asking for nothing in return. Even among His disciples, He developed different levels of relationships.
- 4) Jesus feels an approving, accepting love for His disciples, friends and all of us, his followers. And yet for Peter, John the beloved, and Lazarus. He also felt a mutual attraction or an unimpassioned love in friendship.
- 5) He showed us that different levels of relationships are normal and okay. *Something noteworthy about Jesus' relationships is that His emphasis was upon the love of friendship, not necessarily on the person.*
- 6) Because a few try to pervert Christ's pure friendship model, it's helpful to remember that the emphasis of Jesus and Lazarus' friendship was upon a love of friendship which existed between them. It is the human (heart) emotions of Jesus which we see here. The God-man showed us that initiating friendship rests on each of us. Yet, it's okay when we don't have time or energy for many close friends.
 - *First, while it's evident that John, Mary, Lazarus, Peter, and Martha were important to Christ, He did not place friendship above His relationship with God the Father.
 - *Second, while it's evident that Christ enjoyed being with friends, He did not place friendship before ministry.
 - *Third, although Christ built strong relationships through agapé with many, He built a close bonding through Phileo only a few. If we want to live without excessive loneliness and experience a few enjoyable and healthy relationships, we must choose to follow His model.

E) Summarizing Our Thoughts on Jesus and Relationships and Phileo (Love)

- 1) Like Christ, allow agapé acquaintances and w/o false guilt allow a close bonding through Phileo with only a few.

Chapter 12

Jesus Felt Joy in Some Relationships

John 15:11-These things I have spoken unto you, that my joy may remain in you, and that your joy may be full.

- 1) A branch cut off from the vine loses nourishment and cannot bear fruit. To receive spiritual nourishment stay connected to Him and keep His Word connected to produce spiritual fruit.
- 2) Walking in His love (is) keeping His commandments, if one wants a "full joy."

A) Experiencing Joy in Relationships

- 1) Through the Holy Spirit who indwells and empowers us so we can take on the mind of Christ and "be conformed" into

His image. As this process is changing lives, we learn Jesus' joy.

2) WHILE SIMILAR, JOY IS NOT THE SAME EMOTION AS BEING GLAD OR HAPPY.

a) Glad Feelings depends on circumstances, either for us or others, that fit together for some kind of good. (Glad for guys and gals)

b) Happy Feelings depend on "right happenings: that provide us with pleasure, more for ourselves than for others.

3) Although anyone can feel glad or happy, only Christians can feel the joy that comes from Christ. His joy provides a motivating inner force we can feel even in emotional, mental, or physical suffering to help us endure beyond our natural strength. This emotion does not depend on perfect people, happy circumstances, or something we understand.

B) The Reality of Sometimes feeling Joy

1) Gladness and Joy are somewhat different emotions. Both come from the heart and cannot be masked or pretended. THE GREEKS CHOSE NINE VARIOUS WORDS TO DESCRIBE JOY, BUT WE USE ONLY THE ONE WORD.

a) Agalliasis(αγαλλιασις) and agalliao(αγαλλιαω)-Leap for Joy, Rejoice cf Luke 1:44; 1 Peter 4:13; Jude 24-25

✓ **Luke 1:44**-For, lo, as soon as the voice of thy salvation sounded in mine ears, the babe leaped in my womb for joy.

✓ **1 Peter 4:13**-But rejoice, in as much as ye are partakers of Christ's suffering; that when his glory shall be revealed, ye may be glad also with exceeding joy.

✓ **Jude 24-25**-Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy, the only wise God our Savior, be glory and majesty, dominion and power, both now and ever, Amen.

b) Kauchaomai (καυχαομαι)-glory, exult. cf (Romans 5:11)

✓ **Romans 5:11**-And not only so, but we also joy in God through out Lord Jesus Christ, by whom we have received the atonement.

c) Euphrosune (ευφροσυνη)-Rejoicing or gladness. cf (Acts 2:28;14:17)

✓ **Acts 2:28**-Thou hast made known to me the ways of life; Thou shalt make me FULL OF JOY WITH THY COUNTENANCE.

✓ **Acts 14:17**-Nevertheless he left not himself without witness, in that he did good, and gave us rain from

heaven, and fruitful seasons, filling our hearts with food and gladness.

- d) Skirtao (σκίρτω)-leap for joy. Cf (Luke 6:23)
- ✓ **Luke 6:23**-Rejoice ye in that day, and leap for joy: for, behold, your reward is great in heaven: for in the like manner did their fathers unto the prophets.
- e) Oninemi (ονινημι)-to have joy of. cf (Philemon 20)
- ✓ **Philemon 20**-Yea, brother, let me have joy of thee in the Lord: refresh my bowels in the Lord.
- f) Chara (χαρα)-joy, gladness. cf (Matthew 2:10, 13:20,44; Luke 2:10; John 15:11; 17:13; Philemon 2:2, 4:1)
- ✓ **Matthew 2:10**-When they saw the star, they rejoiced with exceeding great joy.
 - ✓ **Matthew 13:20, 44**-But he that received the seed into stony places, the same is he that heareth the Word, and anon with joy receiveth it... Again, the kingdom of heaven is like unto treasure hid in a field; the which a man hath found he hideth, and for joy thereof goeth and selleth all that he hath, and buyeth that field.
 - ✓ **Luke 2:10**-And the angel said unto them, fear not: for, behold, I bring you good tidings of great joy, which shall be to all people.
 - ✓ **John 15:11**-These things have I spoken unto you, that my joy might remain in you, and that your joy might be full.
 - ✓ **John 17:13**-And now come I to thee; and these things I speak in the world, that they might have my joy fulfilled in themselves.
 - ✓ **Philemon 2:2**-Fulfill ye my joy, that ye be likeminded, having the some love, being of one accord, of one mind.
 - ✓ **Philemon 4:1**-Therefore my brethren dearly beloved and longed for, my joy and crown, so standfast in the Lord, my dearly beloved.
- g) Charis (χαρις)-favor, grace. cf (Luke 2:40; Acts 4:33; 7:46; 1 Peter 2:19-20; Philemon vs.3,25)
- ✓ **Luke 2:40**-And the child (Jesus) grew, and waxed strong in Spirit, filled with wisdom: and the grace of God was upon him.
 - ✓ **Acts 4:33**-Therefore being by the right hand of God exalted and having received of the father the promise of the Holy Ghost, he hath shed forth this which ye now see and hear.
 - ✓ **Acts 7:46**-Who found favour before God, and desired to find a tabernacle for the God of Jacob.

- ✓ **1 Peter 2:19-20**-For this is thank worthy, if a man for conscience toward God endure grief, suffering wrongfully for what glory is it, if, when ye be buffeted for your faults, ye shall take it patiently? But if, when ye do well, and suffer for it, ye take it patiently, this is acceptable with God.
- ✓ **Philemon vs. 3, 25**-Grace to you, and peace, from God our father and the Lord Jesus Christ. The grace of our Lord Jesus Christ be with your spirit. Amen.
- h) Chairō (χαίρω)-be glad, rejoice. Cf (Luke 15:5; John 4:36; 8:56; 11:35; Acts 5:41; 8:39; 1 Corinthians 7:7, 13; Philemon 2:17; 1 Thessalonians 3:9)
 - ✓ **Luke 15:5**-And when he hath found it, he layeth it on his shoulders, rejoicing.
 - ✓ **John 4:36**-And he that reapeth receiveth wages, and gathereth fruit unto life eternal: that both he that soweth and he that reapeth may rejoice together.
 - ✓ **John 8:56**-Your father Abraham rejoiced to see my day: and he saw it, and was glad.
 - ✓ **Acts 5:41**-And they departed from presence of the council, rejoicing that they were counted worthy to suffer shame for his name.
 - ✓ **Acts 8:39**-And when they were came up out of the water, the Spirit of the lord caught away Philip, that the eunuch saw him no more: and went his way rejoicing.
 - ✓ **1 Corinthians 7:7, 13**-And not by his coming only, but by the consolation where with he was comforted in you, when he told us your earnest desire, your mourning, your fervent mind toward me; so that I rejoiced the more...Therefore we were comforted in your comfort; yea, and exceedingly the more joyed we for the joy of Titus, because his spirit was refreshed by you all.
 - ✓ **Philemon 2:17**-Yea, and if I be offered upon the sacrifice and service of your faith, I joy, and rejoice with you all.
 - ✓ **1 Thessalonians 3:9**-For what thanks can we render to God again for you, for all the joy wherewith we joy for your sakes before our God.
- 2) Joy is a fruit from the Holy Spirit and can be looked at from two different perspectives.
 - a) From one view it's a fleeting emotion usually produced by some expectation of or delight in good, initiated wither by us or by others.

- b) From another view, joy can be felt as an ongoing cheerful and happy frame of our spirit coming from a sense of blessedness or security.
 - 3) Joy has to do more with our affections than our reason and is seen as enthusiasm. cf (Colossians 3:2)
 - ✓ **Colossians 3:2**-Set your affection on things above, not on things on the earth.
 - 4) This motivating inner force moves us out of ourselves to make us able to do and suffer much that is otherwise beyond our natural strength. We can learn over sadness, joy can become the normal state for Christians.
 - 5) Joy's most meaningful moments are not felt from certain circumstances nor from being planned; rather than resulting from achievements or success, the emotion just happens.
 - 6) Biblical joy is couched between Christ's command to follow Him and obey His commandments, especially to love others from that perspective, joy in relationships is unplanned but surely may be anticipated.
- C) Jesus Christ and Relationships and feeling Joy
- 1) May my joy be made full in themselves. cf (John 17:13)
 - ✓ **John 17:13**-And now come I to thee; and these things I speak in the world, that they might have my joy fulfilled in themselves.
 - 2) Jesus' type of joy comes when pain or sorrow or disappointment has been turned into some type of gain. "Joy he had: but it was not the shallow joy of mere pagan delight in living, nor the delusive joy of a hope destined to failure; but the deep exultation of a conqueror setting captives free this joy underlay all his sufferings.
 - 3) Feeling outward happiness and experiencing inward joy are not the same. It's been said that feeling "joy" beats being happy since happiness depends on right circumstances, but even when things go wrong we can feel Christ's deep and abiding joy.
 - 4) Christ's joy is not an automatic response for Christians. His plan for our experiencing joy is an example for us to follow.
 - FIRST, Jesus submitted to the Holy Father's authority. He did not resist or complain or argue but allowed God's pruning in His life.
 - SECOND, Jesus kept the father's commandments. He produced great spiritual fruit for our profit and to glorify the father.
 - THIRD, Jesus chose to abide or walk in God the father's love. He received the father's love which enabled Him to love us. Christ's joy is a natural outflow of the

indwelling Holy Spirit who connects us to Jesus Christ and His emotions.

Chapter 13

Jesus Felt Glad in One Close Relationships

John 11:14+15...Lazarus is dead, and I am glad for your sakes that I was not there, so that you may believe; but let us go to him.

- 1) The Master over death knew He did not face “an impossible barrier, but a call to battle.” That’s why in the midst of moaning and loud wailing Jesus could say that although Lazarus had died, He’s “glad” He wasn’t there.
- A) Feeling Glad in One Special Relationship
- 1) Jesus explained that Lazarus had died and that for their sake. He was glad they were not there. He said this would help them believe.
 - 2) That further confused the disciples. They who had witnessed His love for Martha, Mary, and Lazarus now puzzled, “How can Jesus be glad that He was not there to grieve with the sisters and comfort them?” They didn’t know what to believe.
- B) The Reality of Sometimes Feeling Glad
- 1) We can neither manufacture a glad feeling nor force others to be happy or rejoice. According, to stay in a state of feeling glad is neither emotionally possible nor sound scripturally.
 - 2) Because all of us, according to our emotional need, respond to relationships in different in different ways we cannot rush others or ourselves into a time frame for feeling glad.
 - 3) It is sometimes difficult to feel happy, especially when dealing with controversy. During this time it’s normal to wander through many valleys since emotional change or healing takes time and cannot be hurried.
 - 4) One of the most difficult things about controversy is feeling the stress that goes along with being misunderstood. With the passing of time, God has given mush emotional and spiritual healing with understanding. In addition, we have been able to help many others who have also suffered from Satanic ritual abuse. *Side Note: It also takes time for us to truly see the Holy Spirits healing power thru Christ in God.*
 - 5) But during any type of stressful controversy we can cling to the hope that “this too shall pass.” We can go on working toward emotional wholeness until we hear, “Well done, then good and faithful servant” (cf Matthew 25:23). Just the thought of that “voice” helps us have a happy feeling of gladness.

C) Examples of Sometimes Feeling Glad

- 1) Feeling a “glad” response in relationships like Christ did must be done without hurrying. Unless a controversy calls for immediate action, taking time to think through the situation like Christ did can prove most helpful. The promise of God’s Word will lead and make the joy saw puzzle of life fit together.
- 2) God wasn’t in a hurry with our friends; but one day he will say “Welcome Home.”

D) Jesus Christ and Feeling Glad and Relationships

- 1) Jesus Christ’s life clearly shows that He did not always live in a state of gladness. A large percentage of His emotional expressions were actually just the opposite of glad. The God man’s emotions ranged from agony to peace to weeping.
- 2) Yet, it’s evident He did not feel anxious or pushed in regard to His emotional reality.
- 3) “Christ is never in haste; least of all, on His errands of love. And He is never in haste because (regardless of the situation) He is always sure.”
- 4) This new understanding of Jesus’ decisive movements is His two-day deliberate delay cleared the air and helped to reduce their stress level. In a sense, they were reminded of what King David had previously written. “Be still and know that I am God” (Psalms 46: 10a).
- 5) Out of that controversy came a sound and practical model for dealing with stressful relationships.

First, Christ reasoned with others. He did not hurry or try to hurry others in the midst of misunderstanding and controversy. He took time for a sound solution through careful thought and prayer.

Second, Christ did not hide the facts. He didn’t hesitate to state His true feeling in the midst of controversy and misunderstanding. In the midst of life, Christ was not always happy or rejoicing; neither did He live a state of feeling glad. Although the disciples misunderstood His emotions and motives, He communicated clearly and calmly with them.

Third, Christ spoke the truth. He did not let the fact of others misunderstandings His emotions or motive deter Him. He did not give in to emotions embarrassment or shame or others’ pressure during controversy following Christ’s example for dealing with controversy can help us better relate to others and may even produce a glad feeling.

E) **Summarizing Our Thoughts on Jesus and Relationships and Feeling Glad**

- 1) Like Christ, you need not hurry or try to hurry others in the midst of misunderstanding and controversy.

- 2) You can take time for prayer and careful thought for a sound solution. Like Christ, you need not hesitate to state your true feelings.
 - 3) Since He was not always in a state of feeling glad, neither will you be in moving through life. Like Christ, when misunderstood you can still communicate clearly and calmly and not give in to embarrassment or others' pressure, nor allow yourself to be deterred.
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Chapter 14

Jesus Rejoiced in One Special Relationship

Luke 10:21-In that hour Jesus rejoiced in Spirit, and said, I thank thee, O Father, Lord of heaven and earth, that thou hast hid these things from the wise and prudent, and hast revealed them unto babes: even so, father, for so it seemed good in thy sight.

- A) Learning to Rejoice and Praise the Father
 - 1) Christ taught His followers well in spiritual warfare, just as He is trying to teach us today. "Do not rejoice...that the spirits are subject to you but rejoice that your names are recorded in heaven (Luke 10:20).
 - 2) The power against evil spirits comes from Jesus Christ's name, not us.
- A) The Reality of Christians Rejoicing and Praising
 - 1) Jesus Christ showed His followers that deliverance from demonic strongholds is only ONR of the many movements toward spiritual wholeness.
 - 2) Spiritual maturity includes learning about who, we are in Christ Jesus, the person and work of the Holy Spirit, how to put on the whole armor of God, how to pray in the Spirit, producing spiritual fruit, and how to rejoice in Him.
 - 3) Biblical rejoicing includes entering into celebration and praise to the Holy Father. Rejoicing is connected directly with our thoughts. We can't keep mind on complaining, self-centeredness, or problems and expect at the same time to feel like rejoicing in the Spirit.
 - 4) Choosing a certain time for being alone, listening to praise music, reading Scripture, and worshipping by thanking God for who He will help lead us into a time of rejoicing.
 - 5) Following Christ's public model, we must not let our attention become diverted from the father-our object or praise. For God's glory we connect with the emotions of Jesus, take on His mind, grow into His image to become one with Him, and produce spiritual fruit.

- 6) These movements develop as the result of commitment, accomplished only with Christ through the Holy Spirit. “It is only in the man of Christ Jesus that such a life is to be seen...His life is our life; He gave Himself for us; He Himself is now our life. The discovery, and the confession, and the denial, or self, as usurping the place of God, of self-seeking and self-trusting is essential, and yet is what we can not accomplish in our own strength. It is the incoming and indwelling, the Presence and the Rule in the heart, of our Lord Jesus who glorified the father on earth... Who can cast out all self-glorifying, and give us instead His own God-glorifying life and Spirit.
 - 7) Christians have been given authority over the enemy, we are to accent our personal security in Christ Jesus, rejoice in the Holy Spirit, and praise the Holy Father.
 - 8) Our rejoicing is always to be in the Holy Father, not ever in any power or authority that Christ has given us. One main emotional support that rests under our life’s trials is rejoicing in the Lord. Our moral and spiritual condition is a fair test of how we rejoice in the Lord.
- B) Examples of Rejoicing and Praising God in Spite of Some Relationships
- 1) Rejoicing usually requires work on our part to come to the emotional and mental place of entering into celebration and praise to the father. Many church leaders do not follow Christ’s model to rejoice openly in the Holy Spirit.
 - 2) Spiritual and emotional healing continue as a constant, deep awareness of God’s presence. “I can always rely on faith in the Holy Spirit and have learned to believe His presence, joy, and peace. It’s like a Lake that is calm on the bottom, even though storms may be on top” (cf Matthew 6:33; Luke 17:20-21; Romans 14:17).
 - ✓ **Matthew 6:33**-But seek ye first the kingdom of God and all of his righteousness and all of these things shall be added unto you.
 - ✓ **Luke 17:20-21**-And when he was demanded of the Pharisees when the kingdom of God should come, he answered them and said, the kingdom of God cometh not with observation: neither shall they say, Lo here! Or, Lo there! For behold, the kingdom of God is within you.
 - ✓ **Romans 14:17**-For the kingdom of God is not meat and drink: but righteousness, and peace and joy in the Holy Ghost.

- 3) The father says “My love is not like any human love you’ve known. My love is given freely for I never use My love to try to coerce you in anyway.” This closeness with God, this loving acceptance without criticism, has given a new trust for him.
 - 4) Learn to rejoice and praise the father in spite of a poor fatherly parental relationship. The importance of learning to follow Jesus’ model of rejoicing in the Holy Spirit not in a home life just controlled by legalistic attitudes and choices with a strong work ethic.
 - 5) The concept that parents are a child’s first picture of God, is righteous. Don’t be a father who’s stern and legalistic, shave fun times, closeness, or generosity with family.
 - 6) Giving consideration to inner needs began an emotional chain reaction, helping to change one’s mental picture of God the father and Jesus the Son. Begin to view them as kind, approachable, and fun-loving. The greatly affects prayer life, enabling the incorporation of praise, worship, and a feeling of closeness. These helped feel Jesus’ love and God’s peace.
- C) Jesus Christ and Praising His Father and Rejoicing
- 1) Jesus didn’t just “talk the talk”; He ‘walked the walk’ and modeled how to rejoice in the Holy Spirit and give praise to God, our Heavenly Father...Jesus did this by rejoicing greatly in the Holy Spirit saying, “I praise thee, O Father, Lord of heaven and earth.” (Luke 10:21). It’s most significant that this one recorded time of Jesus rejoicing in the Spirit came directly after cautioning His disciples and followers to not accent the devil and demons.
First, Christ drew a clear boundary about rejoicing. He told His followers clearly to not rejoice or boast in the fact that evil spirits are subject to us.
Second, Christ placed within the boundary a clear instruction. He stated that “rejoicing” is to be encircled by the truth of our names being recorded in Heaven.
Third, Jesus Christ celebrated and rejoiced exceedingly in the Holy Spirit our inner-strength correction with Him and God the father. Jesus spoke praise to God the father as His object of praise, and focused on Him. Using those movements we can, like Jesus, bow before God the father in worshipful, adoring praise.
- D) **Summarizing Our Thoughts on Jesus and Relationships and Rejoicing**
- 1) As did Jesus celebrate and rejoice exceedingly in the Holy Spirit, our inner strength connection with Him and God the father. As you speak praise to God, focus on the Holy Father as your object of praise like Jesus did.

- 2) Living by His models will enable us to love as Christ did and bow down before God in worshipful, adoring praise.
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Chapter 15

Matthew 16:37-And he (Jesus) took with him Peter and the two sons of Zebedee, and **BEGAN TO BE SORROWFUL AND VERY HEAVY.**

A) Facing and Dealing with Depression

- 1) Today, a large portion of men, women, teenagers, and children feel depression at some level of intensity and for varying lengths of time. Some have called depression the “common cold” of emotional problems.
- 2) It comes usually without warning and often without apparent cause.
- 3) Feeling “no hope” to motivate us is one of the main triggers of a depression.
- 4) We may notice an appetite change; feel agitated; experience a sleeping-pattern change; feel a fatigue or energy loss, a disinterest in daily activities, or an inability to concentrate; having feelings of worthlessness, hopelessness, or sadness; or have thoughts or suicide.
- 5) When these symptoms cover and control us for at least two weeks, we may feel like our emotional life is being squeezed out. We will need some type of active intervention from family or friends and more importantly God, to bring us a motivating hope.

B) The Reality of Crisis and Depression

- 1) Depression no dealt with can create untold misery for those suffering from it as well as their close friends and relatives. Furthermore, many well-meaning Christians try to deny their depression since most relatives do not understand their emotional pain.
- 2) While in the depth of a depression, we have difficulty dealing with even small trials.
- 3) In order to better understand depression we need better, clearer ways of describing the various behaviors that manifest depression. Because this has not yet been done, the word depression like the word love is used to describe a wide range of feelings and experiences. That vagueness adds to the confusion often surrounding this complex emotion, especially in the Christian community.
- 4) We often hear four mistaken ideas repeated about depression
 - a) One says that depression is always the result of sin
 - b) Another says that depression is caused by a lack of faith in God

- c) A third says that depression is God's faced turned against us.
 - ***d) A fourth says that healing from depression is a spiritual exercise.
 - 5) Looking into Christ's various behaviors that showed His suffering from depression can help us turn loose those mistaken ideas about causes of or remedies for depression.
 - 6) Since Scripture tells us Christ suffered from depression, we can see that our feeling depression at times is not out of the ordinary.
 - 7) Thinking about Christ's emotional suffering when He entered Gethsemane to play can help us clearly understand His feelings of anguish and sorrow awaiting Jesus were three major life losses.
 - a) Physical-Extreme bodily suffering.
 - b) Social-Total rejection from His closest friends.
 - c) Spiritual-Separation from His parent, God the Father. He was separated emotionally from God.
 - 8) When we consider His major life losses, we see that Christ's feelings of anguish and sorrow were normal for His circumstances.
- C) Different Types and Levels of Depression
- 1) Depression comes in different forms and colors, for different reasons, for different lengths of time and levels of severity.
 - 2) Some behaviorists say that if one walks slowly with the head bent forward, speaks in a low monotone or hardly at all, is not very active, or sits with a somewhat huddles posture, we may assume this person may be depressed.
 - 3) "Losses" are a common reason for depression. Loss of job, loss of security, loss of love, loss of self-worth, loss of health, or other personal "losses" can be damaging, destructive, and debilitating to our personhood. Job, naturally, comes to mind when talking of personal loss. He lost everything and everyone, but his life.
 - 4) In trying to deal with his losses, Job felt dejection and rejection.
- D) Other Types of Crises and Depression
- 1) All of us at times suffer from sin, either ours or another's. We feel rejection; we will face death, wither ours or that of a loved one. We may face sickness, either ours or another's.
 - 2) King David suffered life crises, his words through the psalms reveal his feelings of depression.
 - ✓ **Psalms 13:1-3**-How long wilt thou forget me, O Lord? Forever? How long wilt thou hide thy face from me? How long shall I take counsel in my soul, having sorrow in my heart daily? How long shall mine enemy be

exalted over me? Consider and hear me, O Lord my God: lighten mine eyes, lest I sleep the sleep of death;
 ✓ **Psalms 102:4-7**-My heart is smitten, and withered like grass; I forget to eat my bread. By reason of the voice of my groaning my bones cleave to my skin. I am like a pelican of the wilderness; I am like an owl of the desert. I watch and as a sparrow alone upon a housetop.

- 3) He had lost “hope” that God would deliver him from his crisis. We cannot say (for certain) King David suffered from a biologically caused depression, the anguish and darkness he “voiced” sound similar to one suffering brain chemical depletion, which can be caused from ongoing, undealt-with stress.
- 4) Many are finding that biological depression is more common than previously acknowledged. One simple suggestion is “that the more serious the depression is in the absence of a recent significant loss, the more likely it is that the cause is biological...and can contribute to the cause of depression in several ways.”

**BIOLOGICAL
 FACTORS
 INVOLVED WITH
 BIOLOGICAL
 DEPRESSION**

They Can: a) “create conditions that could increase an individual’s vulnerability to depression.”
 b) “reduce person’s resistance to depression”
 c) “setup ‘deficits’ in development that may make someone depression prone”
 d) “increase vulnerability to stress induced depressions”
 e) “shape the personality to be more depression prone”
 f) “modify the functioning of the nervous system to create biochemical deficits or surpluses for depression.”
 g) “slow down recovery mechanisms”

- 5) Also, severe mood swings having to do with our responsiveness toward life adjustments can help trigger a depression experience.
 - 6) King David had not only lived with ongoing stress for many years, but he was trying to deal with severe ongoing life adjustments. His feelings of abandonment, rejection, and depression show he was living with a very low mood swing, which could have been biologically caused.
- E) Further Movement Toward Alleviating Depression
- 1) Our brain neurotransmitters are extremely important on the neurochemical and physiological level. They carry impulses between our nerve cells and help regulate

behavior having to do with tension, moods, thinking, and alertness.

- 2) Many of us are beginning to find that we can receive relief from damaging, destructive, and debilitating depression caused from chemical depletion in the neurotransmitters.
 - 3) Some suffer for years from anxiety and mood swings during times of ongoing stress. Some especially felt these (mood swings) in winter months when sunshine was scarce. **THE SUN CAN TRIGGER RESPONSES FROM THE BRAIN HORMONE OF MELATONIN.**
 - 4) Some also experience a debilitating depression caused from resolved issues in childhood. Once one has resolved most of these issues one can begin to experience God's freedom from their control.
 - 5) A quality nutrition book has been written by a medical doctor and his wife, a nutritionist. After reading about chemical depression one can determine to use their recommendations and discover immediate relief from the depression and can continue to when using their suggested vitamin-amino acid replacement therapy.
 - 6) Most counselors have been slow to accept a biological cause for depression. But mere are now understanding and treating the results of stress-related depletion in our brain neurotransmitters. It is more complicated and requires more time to deal with since a number of things can go wrong with the neurotransmitters and nerve impulses designed to work together.
 - 7) Counselors must usually cooperate with medical doctors to help clients through medical tests, many just routine, in determining a proper basis for depression. They are called on for more "team work."
 - 8) Although it's apparent from Scripture that Christ did not experience a biological caused depression, many have suffered silently from it for years.
 - 9) Many now understand how undealt-with, ongoing stress can deplete brain neurotransmitters. Those who are using helpful replacement therapy are being set free from the control of that type of depression.
 - 10) Using sound info under the Holy Spirit's guidance can help us, and thousands each year who contemplate suicide, to move away from mental confusion to a peaceful emotional state in our inner being.
- F) Jesus Christ and Crises and Depression
- 1) One common manifestation of depression is turning anger inward on ourselves. When we suffer from depression, we're often afraid to express openly our angry feelings toward the

ORIGINAL person who was the source of emotional pain. We fear their retaliation against us and feel helpless against their control.

- 2) We can see from Scripture that Jesus was not angry with God-The source of His emotional pain. Although Matthew talked about Christ suffering from depression, His feelings were not caused by anger towards God or an inward-turned anger. His depression came from anticipating extreme bodily suffering, rejection from all His friends, and separation from His parent who was waiting for Him.
- 3) Submission to God's Divine Will in Gethsemane kept Jesus from turning anger in on Himself. In dying for our sin, He placed Himself willingly under God's leadership.
-Submission Greek for a military term, means basically: To place oneself willingly under another's leadership. Even when the Holy Father asked Him to die for the sin of mankind, Christ placed Himself willingly under God's leadership.
- 4) His cooperation, however, did not come from a helpless, hopeless, or passive will. His firm will and emotional response to reality shows us how to face and deal with depression.

First, Jesus admitted and faced His reality. He did not avoid an indescribably painful death on a cross. Neither did Jesus let His thought process become exaggerated or out of control.

***the essence of mental restraint-non lasciviousness-**

Second, Jesus rejoiced the need for a broader perspective, of His situation. In prayer He sought God's perspective, His Reliable Source. We don't know the father's words to Jesus; but, they motivated His humanity to do his Divine Will.

Third, Jesus replaced His feelings of depression with "hope." God's perspective evidently reminded Jesus that His "death" would save many souls and that His time to return home had come. Because this hope REPLACED His anguish caused from the upcoming three major life losses, Jesus endured the cross, despising the shame, and sat down on God the Father's right hand.

G) Summarizing Our Thoughts on Jesus and Crises and Depression

- 1) Admit and face your reality; this does not necessarily mean agreeing with it. In facing reality, don't allow your thoughts to become exaggerated or out of control.
- 2) Admit your need for dealing with depression and choose to not avoid or deny reality.

- 3) From God's written insight and if needed another reliable source, seek a broader perspective as hope and motivation to keep pressing!!

Chapter 16

Jesus Felt Forsaken in the Face of Crises

Mark 15:34-And at the ninth hour Jesus cried with a loud voice, saying, Eloi, Eloi, lama sabachthani? Which is, being interpreted, My God, my God, Why hast thou forsaken me?

Side Note:

- 1) "Graves opened. A loud ripping noise filled the temple. God's mighty Hand was ripping open the 60-foot long, 30-foot wide magnificent drape from top to bottom. It covered the entrance of the most Holy place and had taken approximately 300 priests to maneuver it."
 - 2) With this heavy drape gone, the Most Holy Place, where animal blood sacrifices were made for sin, was thrown open forever. This signified that cleansing for sin could come only from Christ's shed-blood sacrifice. It meant everyone had open access to Almighty God no longer having to go through a high priest-We approach God in prayer through Holy Spirit.
- A) Handling the Feeling of Being Forsaken
- 1) There are differences of opinion as to why Christ felt forsaken by the father.

They say:

- a) His feeling of abandonment enabled Him to identify with others who also feel abandoned by God. Although some view Christ's death as a failure, leaving the poor in their suffering and struggle for justice. (+completely unscriptural).
 - b) Christ felt abandonment because He had become sin for us and the father could not look on sin.
 - c) The father's hatred for sin was directed personally on to Christ, "so that in his own heart he felt what it meant to be opposed by heaven, having the breath of an angry God on him"-Edward John Carnell.
- 2) Jesus is the only qualified One who can show us how to face and handle the feeling of abandonment.

B) The Reality of Crises and Being forsaken

- 1) Losing the father's intimate fellowship and approval at death's door filled Christ with the infinite, indescribable emotional pain for being forsaken.
- 2) His emotional pain is the same today when we feel abandoned or deserted or left helpless. He called God "His"

Substantially from scripture but cf. Isaiah 9:6 Psalms 93:2; 1 John 4:8
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and also “Our” father↔ (life model, work model, teacher, and motivator).

- 3) When God broke the connection between them; His temporary withdrawal sent shock waves through the God man’s emotions. Because of the “oneness” they shared, Christ knew instantly when His father could no longer look on Him for fellowship and communion.
- 4) There’s no greater emotional pain than abandonment, or *perceived* abandonment, by a loved one.
- 5) Trying to on our own cope with losses and frustrations creates a collected anger within about everything in life. This anger usually spewed onto an innocent bystander, without protection or safety. Feelings of being forsaken emotionally opens the door to a different dynamic wanting to be believed and feel respected as opposed to feeling like a criminal rather than the one who had been betrayed and abused.
- 6) Moreover, when one remains cold and distant, refusing to admit the abuse who/is real, this is a form of emotional death.

C) Understanding Crises and Feeling Forsaken

- 1) Gaining a clear understanding of God’s sovereignty is important in trying to handle feelings of abandonment.
- 2) If we “see” God as cruel, overbearing, or cold, we won’t be able to trust Him with life’s circumstances, because God knows what’s best for us. He has the “right to deal with his creatures just as seems good in his sight.”
- 3) Even when we don’t understand His ways, His way will ultimately prove best for us. This is hard to accept during these times when we feel we cannot crawl through another day.
- 4) Our acceptance determines whether or not we exalt God as “head above all” and surrender to Him as He “causes all things to work together for good to those who love God” (Romans 8:28). This “causing” can be very hard to accept feeling abandoned, desperately we cry out, “Why God, why me? Where are you? Why don’t you help me?”
- 5) In dealing with God’s “right” we must remember that God not only works through love, He is love. He also is all knowing (omniscient), all powerful (omnipotent) and everywhere present (omnipresent), and He never changes (immutable) and God is Holy. He does not pervert good for evil or evil for good.
- 6) Through His omniscience and holiness He knows when “what” is best for us. Also, He walks with us thru the “what”; He never leaves not forsakes us”.
- 7) When we come to terms with who God is, then we begin to “see” that God’s sovereignty is acceptable. Cf Psalms 18:30)

✓ **Psalms 18:30**-As for God, his way is perfect.

8) We do not travel this road alone. Through God's omniscient right in our lives we have His power through the Holy Spirit to help us discover, study, and connect with the emotions of Jesus-THE JESUS WE CAN KNOW AND LOVE.

D) Jesus Christ and Crises and feeling forsaken

- 1) Christ's way of handling crises and abandonment is a practical model for us in dealing with feeling forsaken and clinging to a personal faith in God's sovereignty and power.
- 2) That pain-filled cry of "My God, My God" models His faith and trust in His Heavenly father during the most difficult, trying, hard-to-understand situation. Christ the son was expressing His confidence in God the father who was turning defeat into conquest.
- 3) Christ's suffering for the glory of God and not for self or vain glory became His joy.

First, Jesus stayed with the conflict. He could have refused the cross or called ten thousand angels to His defense. He did neither. Jesus walked through the experience of death to His human self-will.

Second, Christ endured others' insults and abusiveness for a season. This in itself is not why He came to earth; therefore, that did not become a way of life for Him. While Christ did not excuse the abusive behavior, He did suffer their wrongs for a season in order to do God's Divine Will.

Third, Christ faced the reality of God's abandonment. He did this by expressing, rather than denying, His emotional pain of separation from His parent. Then, regardless of cost, Christ clung to faith in God's sovereignty and power which motivated Him to keep going.

E) **Summarizing Our Thought on Jesus and Crises and Feeling Forsaken**

- 1) Like Christ, we can stay in the conflict and not run because of emotional pain. Like Christ, we can endure others' hostility for a season; but do not allow that to become a way of life.
- 2) We are to live as over comers, not victims. Like Christ, we can face the reality of feeling forsaken and in the midst of it express emotional pain rather than deny the hurt.
- 3) This can help us cling to faith and trust in God's Sovereignty.



Chapter 17

Jesus Felt Troubled in the Face of Crises

John 11:33-When Jesus therefore saw her weeping, and the Jews also weeping which came with her, he (Jesus) groaned in the Spirit, and was troubled.

A) Coping With a Troubled Soul

- 1) When our feelings cause us inward commotion and agitation, taking away our calmness of mind, we feel troubled. The reasons for feeling troubled in facing crises come in different shapes, shades and sizes.
- 2) Christ chose to cope with His and others' troubled emotions. Coping with situations that cause us inner agitation, taking away calmness of mind, produces emotionally troubled souls.

B) Jesus Christ and Crises and Feeling Troubled

- 1) In facing His crises rather than running, Jesus understands when we feel troubled, for instance, when Jesus faced the crises of coping with God's "right" to end Lazarus' life, Jesus believed God made His decision for the ultimate good of all involved. By working through His troubled crises, Jesus modeled for us how to face and deal with crises.

First, Jesus showed how He felt emotionally in a particular situation. He didn't try to squelch either His or others' feelings. Jesus was open and vulnerable with the truth that He felt troubled in soul.

Second, Jesus took control of the situation to bring forth good for as many as possible. He did not dwell on His own needs; however, He displayed clearly His righteous anger at the distress into which death had plunged family and friends.

Third, Jesus exercised faith in God and challenged others to do so as well. Even in His time of troubled emotions, He asked those involved to exercise faith and obedience. He praised God in prayer and finished His commitment to bring CLOSURE to the situation.

C) Summarizing Our Thoughts on Jesus and Crises and Feeling Troubled

- 1) Follow Jesus' model and learn to express your emotions in a healthy way (rather than squelch them) when troubled.
- 2) Like Christ, we can try to change a situation to bring about good for as many as possible.
- 3) In trying to bring closure to a situation, like Christ, we can choose to exercise faith in God the father and praise Him for His faithfulness.

Chapter 18

Jesus Cried and Shed Tears in the Face of Crises

Hebrews 5:7-Who (Jesus) in the days of his flesh, when he had offered up prayers and supplications with strong crying and tears unto him (God the Father, Son, Holy Spirit) that was able to save him from death, and was heard in that he feared.

- A) Feeling the Need for Crying and Shedding Tears
 - 1) Wailing in distress and shedding tears aren't always just in connection with some personal need. Feeling the need to cry comes when we see another's pain and want to meet that need.
 - 2) "The misfortune, even the slight misfortune, of a dear friend stirs us much more powerfully than the greater calamity of one with whom we have no special tie. Christ's concern was for others rather than for Himself.
- B) The Reality of Crying and Shedding Tears
 - 1) In each instance where Jesus was wailing in distress and shedding tears, it was because of His sensitive vulnerability towards others. Christ gave these 'APPROPRIATE FOR THE OCCASION' models of crying and shedding tears for everyone, women or men, to follow even in public.
 - 2) Before kindergarten most little boys begin to hear from parents or other adults that "crying is for babies." So even if they fall and skin a knee or are hit by someone, many little boys learn early to not cry. Instead, they stuff their emotional pain. Resulting from this shame-based discipline, these boys build up hostility.
 - 3) They learn that healthy emotions are neither relevant nor important. These confusing, shaming LIES f=go with men into adulthood where a large percent SPEW COLLECTED HOSTILITY onto innocent wives and children, which frustrates and shames their relationships
 - 4) We have sufficient details about Jesus' everyday life to know that others felt drawn to Jesus because of His outgoing way of relating. Cf (1 Corinthians 9:19-22)
 - ✓ **1 Corinthians 9:19-22**-¹⁹ For though I be free from all men, yet have I made myself servant unto all, that I might gain the more. ²⁰ And unto the Jews I became as a Jew, that I might gain the Jews to them that are under law, as under the law, ²¹ that I might gain them that are under the law; To them that are without law, as without law, (being not without law of God, but under the law of Christ.) that I might gain them that are without law. ²² To the weak

became I as weak, that I might gain the weak: I am made all things to all men, that I might by all means save some.

- 5) While Jesus was straightforward with them, He related through love, respect, kindness, and fairness, which are the OPPOSITE of shame.

C) One Example of Feeling Shame and Shedding Tears

- 1) Many little boys turn to competition for fulfillment, lacking closeness with a father and an adequate role model of genuine manhood. Sports, grades, music, drugs, illicit sex, conversations; in whatever they do, most try to be number one.
- 2) Added to this imbalance, "Parents often compare the personal achievements of their sons with the accomplishments of other boys. A boy learns that other boys, and later men, are his competitors and therefore, potential enemies."
- 3) This type of confused off-balanced thinking undermines most little boys' ability to build friendships with each other. Carrying that thinking over into adulthood emotionally hampers them in their relationships.
- 4) "The American male is," said to be "lonely and friendless, but must maintain his macho image at all costs, even if it means isolation from people." For most American males, isolation is usually where they cry and shed tears.

D) Jesus Christ and Crying and Shedding Tears

- 1) Christ did not always isolate Himself from people or crying or shedding tears. "The sight of the distress into which death had plunged Mary and her companions" threw Christ into an inward agitation.
- 2) In facing His own death, Jesus realized in a most powerful and disquieting way what death meant for others.
- 3) He did not deny or stuff His feelings; His emotional responses were sincere. His tears were "the swift spontaneous outburst of the warmest tenderness of human emotion...the outpouring of a divine compassion."
- 4) God's approval gave Jesus the courage to openly express His healthy and appropriate emotions. The loud crying and shedding tears from Christ were acceptable to the father. This acceptance gave Him encouragement and nurtured His manhood.
- 5) Christ, the perfect personality, modeled how to be open and vulnerable in facing relational crises.
First, Christ did not praise or exalt Himself. We don't see in Him a self-centered, off-balanced, emotionally hampered person, Just the opposite. Christ showed us how to be genuine and balanced in each area of life. cf (John 12:32).

✓ **John 12:32**-And I, if I be lifted up from the earth, will draw men unto me.

Second, Christ released tension unashamedly through loud crying and shedding tears. Whenever a situation presented the need for an emotional response, His emotional responses were appropriately expressed.

Third, Christ saw life as an opportunity to learn SELF-CONTROL. He modeled and lived servant hood. Being open, honest, and appropriate with His emotional responses helped Christ release tension in healthy ways. This eliminated the buildup of any damaging anger collection and enabled the God-Man to live with emotional balance.

E) Summarizing Our Thoughts on Jesus and Facing Crises and the Need to Cry

- 1) We can learn from Christ's openness. Like Christ, we must avoid praising or exalting ourselves. He kept an emotionally balanced responsiveness.
- 2) When appropriate, as Christ did, you can unashamedly release tension through crying and tears when facing crises, even in public.
- 3) Like Christ, we can learn self-control and develop a servant's heart for Christ Jesus' sake.

Chapter 19

Jesus Felt Anger over Others' Sin

Mark 3:4-5-And he saith unto them, Is it lawful to do good on the Sabbath days, or to do evil? To save life or to kill? But they held their peace. And when he had looked round about on them with anger, being grieved for the hardness of their hearts, he saith unto the men, stretch forth thine hand, And he stretched it out: and his hand was restored whole as the other.

- A) Handling Anger When Dealing With Other's Emotional Hardness
- 1) Anger is one of the most commonly and most often recorded emotional responses from Christ.
 - 2) Since Scripture says Jesus Christ the God-man felt and responded with anger, We can believe His anger responses were healthy and appropriate.
 - 3) There are ten New Testament words that express anger, but Christ only expressed three of those, His expressions of anger were in response to dealing with others' sin. Christ displayed a balanced and appropriate anger.
- B) The Reality of Anger
- 1) Some say anger is learned and others say were born with it.
 - a) One view says we typically feel anger is an "almost automatic inner response" of frustration or fear when we

are hurt by someone as a physical state of readiness or preparedness to help us in the defense of life situations. In that sense, anger could be called a physiological energizer.

- b) Others declare anger to be one of the “authentic” or “real” feelings in that it is a response that can help us “deal with a specific set of circumstances.”
- 2) Surrounding these differing opinions, hold the view that each of us possesses a God-given “anger capacity” from which we daily feel and express different forms of anger. The challenge is learning to feel and express healthy, balanced, and appropriate anger as did Christ over others’ sin or hardness of heart.

C) One Example of Heart Hardness

Have you ever had to deal with someone’s hardness of heart? Lawrence did. His father had called him so many curse words he hardly recognized, “Lawrence.” Added to that humiliation, his father controlled by alcohol would beat him over the slightest irritation. When I became acquainted with Lawrence in his early twenties, he was having difficulty getting and holding a job. Although Lawrence was an intelligent and likeable young man, his hand was filled with deceptions about who he was as a person. His self-identity was fuzzy and his self-worth feelings set on zero.

Lawrence believed he was a Christian, but peace or confidence or motivation did not dwell in his mind or will. He was unable to function as an emotionally whole individual, taking responsibility for his everyday life. His good emotions were frozen and he was emotionally stuck in fear and unproductively. As an adult, he could have benefited from using Christ’s model of expressing a healthy anger toward his father. Then he could have allowed a MATURE CHRISTIAN to help him walk through the forgiveness process. At that time, however, hate and fear controlled him because of the lack of a healthy parental love and not being connected with Christ’s emotions.

D) Christians and Feeling Anger

- 1) Sometimes we need the expression of a healthy anger to protect us from others’ attacks or lies or vindictiveness. There are many times and ways where we will meet those with hardened hearts. Rightly directed anger is basically the emotion which prepares us to act in defense of life and integrity.
- 2) Many Christians have a funny picture of Christ’s healthy emotions. They wrongly teach that Jesus was a meek, mild,

milk-toast man without integrity. They say all anger is sin and should be denied, squelched, or repressed; but according to Christ's model, anger in itself is not sin. cf (Ephesians 4:26-27)

✓ **Ephesians 4:26-27**-Be angry and sin not; let not the sun go down upon your wrath: Neither give place to the devil.

- 3) Yet, it's important to not that Christ's behavior was not aggression. Many of us at times confuse AGGRESSION with ASSERTIVENESS, but they aren't the same.
 - a) Aggression is unhealthy behavior, having to do with hostility and transgression on other's rights or responsibilities. We act with aggression when we "trample" on others.
 - b) Assertiveness is a healthy behavior, having to do with **our** affirming or exercising rights and responsibilities.
- 4) His assertiveness was acting positively in a judgment call, and He had the right to do so. We too, can use assertiveness judgment calls in expressing a healthy and rightly directed anger. This gives energy to act responsibly in relation to whatever is wrong or whatever has given us discomfort.

E) Jesus Christ and Feeling Anger

- 1) Christ modeled in balanced and appropriate was how we can handle feelings of anger. When Christ felt and expressed anger, His feelings and responses were always appropriate to the occasion. Hardness from the Pharisees' sinful hearts would have kept the crippled man subject to their cruelty. In dealing with their coldness, Christ bypassed them and healed the man's crippled hand.
- 2) Although we follow Christ's model, we're not guaranteed that OTHERS will soften their hardened hearts and change their offensive behavior. If the offender refuses to turn from his hard heart, we may like Christ have to refuse further association with that one.
- 3) If the offending person is a Christian, we may need to involve other Christians in order to settle the matter.
- 4) By expressing a healthy and appropriate anger, Christ gave us a practical and useful example to follow so we can learn to rightly direct or expressions of anger.
First, Christ acknowledged the Pharisees' hardness of heart. He didn't excuse them or deny their sin. Jesus expressed anger equal to and appropriate for the sin. Even though His was a strong anger, HE WAS IN CONTROL OF THOSE EMOTIONS.
Second, Christ did not pretend their sin was okay. He expressed His feelings of anger over their refusal to relate in

a kind, thoughtful way. His strong emotions of anger were in balance with the degree of the Pharisees' sin.

Third, Christ chose a PRODUCTIVE SOLUTION. He did not let others' sin control or inhibit Him. Choosing what was best overall, Jesus healed the man and set him free. He did not continue to associate with the Pharisees. Although Christ acknowledged the Pharisees' hard hearts, handled His anger, and chose a productive solution, they did not change their hard hearts. And some of our offenders may not change. Nevertheless, we can follow Christ's model and learn to handle "our" anger in dealing with others' hardness of heart.

F) Summarizing Our Thoughts on Jesus Christ and Anger Over Others' Sin

- 1) Like Christ, you can acknowledge the person's hardness of heart that caused your hurt; you need not excuse or deny the sin.
- 2) Like Christ, you can express your feelings of anger over the person's refusal to relate in a kind, compassionate way. You need not pretend the sin was okay.
- 3) Like Christ, you can choose a productive solution; you need not let others' sin control or inhibit you.

Chapter 20

Jesus Felt Anger of Indignation over Others' Sin

Mark 10:14-But when Jesus saw it, he was much displeased, and said unto them, Suffer the little children to come unto me, and forbid them not: for of such is the kingdom of God.

- A) Expressing Indignation Over Others' Sin Disrespect
 - 1) Christ's indignation is the same displeasure or outrage we feel toward that which seems unjust.
- B) The Reality of Indignation Over Others Sin
 - 1) We must remember that the emotion of anger is neutral. This emotion cannot be considered wither sinful or holy; wrong or right; inappropriate or appropriate.
 - 2) What we do individually with our feelings of anger is what determines whether or not it becomes one of the above.
 - 3) We must judge our anger responses of intensity on the basis of each situation. "In some cases we may actually be sinning by only being mildly irritated when it may be God's will for us to be very angry. Cf (James 4:17-OMISION-Ephesians 4:26-27, cf. Jude 4)

OMISSION

- ✓ **James 4:17**-Therefore to him that knoweth to do good, and doeth it not, to him it is sin.

- ✓ **Ephesians 4:19, 26-27**-who being past feeling have given themselves over unto lasciviousness, toward all uncleanness with greediness. Be ye angry, and sin not: let not the sun go down upon your wrath: Neither give place to the devil.
 - ✓ **Jude 4**-for there are certain men crept in unawares, who were before of and ordained to this condemnation, ungodly men, turning the grace of our God into lasciviousness, and denying the only Lord God and our Lord Jesus Christ.
- 4) Many suffered the evil disrespect to their personhood as children. Because of this evil disrespect of humanity, survivors usually have a difficult time coming to Christ for His blessings of acceptance, love, and salvation. Yet, they need Christ's healing touch in order to cope with everyday life without their rightful feelings of indignation turning into bitterness. That type of anger produces a bitter taste in our stomach because of a painful experience.
- Side Note:** Christ never felt this sinful emotion (cf 1 John 2:16; Matthew 26:75; Luke 22:62; Acts 8:23; Ephesians 4:31; Colossians 3:19; Hebrews 12:15; Revelation 10:9-10)
- ✓ **1 John 2:16**-For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the father, but is of the world.
 - ✓ **Matthew 26:75**-And Peter remembered the word of Jesus, which said unto him,"Before the cock crow, thou shalt deny me thrice." And he went out, and wept bitterly.
 - ✓ **Luke 22:62**-And Peter went out, and wept bitterly.
 - ✓ **Acts 8:23**-For I perceive that thou art in the gall of bitterness, and in the bond of iniquity.
 - ✓ **Ephesians 4:31**-Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice.
 - ✓ **Colossians 3:19**-Husbands, love your wives, and be not bitter against them.
 - ✓ **Hebrews 12:15**-Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled.
 - ✓ **Revelation 10:9-10**-And I went unto the angel, and said unto him, Give me the little book. And he said unto me, Take it, and eat it up; and it shall make thy belly (emotions) bitter, but it shall be in thy mouth sweet as honey. And I took the little book (The Bible) out of the angel's hand, and ate it up (Isaiah 28:10; 2 timothy 2:15);

and it was in my mouth sweet as honey: as soon as I has eaten it, my belly was bitter.

- 5) All of us at times have to work hard to keep our indignation from turning into the anger feelings of exasperation, where some one provokes us.
 - 6) AGAIN, Christ did not experience these types of (sinful) anger.
 - 7) Bitterness comes as a result of not obeying the Scriptural instruction: Do not let the sun go down while you are still angry. This clearly shows we're not to ignore or deny our anger; rather, we're to seek a helpful resolution. When we stuff anger, deny anger, dilute anger, or freeze anger, our feelings of anger actually progress.
 - 8) The progression feels like a bitter taste, which invades the stomach and spreads over our entire emotions. We then develop a short anger fuse and the least irritation can set us off. Bitterness, until nothing or no one can make us happy. At that point we're not handling or controlling anger. The anger is progressively controlling us.
- C) Believers and Lack of Emotional Control
- 1) In our present "cult of self" society, for one to admit an out-of-control behavior is, at times, difficult for Believers. Like for Cain and Rachel of the Old Testament, the two anger areas of bitterness and exasperation cause many of us to struggle. Cain got into trouble from diluting his anger by pretending that his sacrificial offering was as acceptable as Abel's. Instead of admitting to God his sinful failure to obey, Cain instead became very angry with Him. But being angry with such a powerful being seemed too scary for Cain, so he "misplaced" his anger from God onto Abel. By that time, Cain's anger was so strong he could no longer control it. His uncontrolled anger progressed quickly to the depression that comes from turning anger inward on self.
 - 2) Exasperation is an active and controlling type of anger. This type comes as a result of giving over our mind, will, and emotions to the enemy of our souls: the devil.
 - 3) Usually, transgressors who control others by exasperating them either deny or excuse their own angry behavior. Since they have neither faced nor worked through their emotional issues, they relate through extreme exasperation. That is they dump their anger on others instead of going to God (and. Or his mature ministers' that will lead one to God) to seek His peace and joy from his guidance and provisions for their emotional needs.

D) Jesus Christ and Others' Sin and Indignation

- 1) Christ modeled righteous indignation during two separate occasions when He could no longer hold back a holy reaction to others' sinful pretentiousness.
- 2) Everyday life, in contrast, reveals that they (Pharisees) took God's law "and converted it into a basis of self-righteousness." (cf Ezekiel 33:13)
 - ✓ **Ezekiel 33:13**-When I shall say to the righteous that he shall surely live: if he trust to his own righteousness, and commit iniquity, all his righteousness shall not be remembered; but for his iniquity that he hath committed he shall die for it.
- 3) This behavior represented a continuation of Moses' authority in all generations instead of looking to Jesus for salvation. **THAT BEHOOVES US TO BEWARE OF ANY SUCH PHARISAICAL BEHAVIOR IN OUR LIVES.**
- 4) Indignation is an emotional response toward any mistreatment being forced unto others. The outrage we may feel over another's mistreatment is closely related to feeling compassion for that one.
- 5) **COMPASSION, THUS, STORS US TO DO SOMETHING TO HELP OTHERS.**

First, Jesus recognized His disciples' behavior as disrespectful and abusive. He did not rationalize or explain away their behavior.

Second, Jesus felt and expressed His angry feelings of indignation toward the disciples. He didn't look the other way or try to excuse or deny His disciples' behavior. He reprimanded them for being unkind and disrespectful to the children.

Third, Jesus acted immediately to change the situation. He commended them to stop their unjust, abusive behavior immediately and to bring the children to Him so He could bless them with His touch. His example is for us followers to follow, especially in protecting children. Now is the time for Christians as a body to respond to killing unborn babies and child abuse with righteousness indignation, as Christ did.

E) **Summarizing Our Thoughts on Jesus Christ and Indignation Over Others' Sin**

- 1) Like Jesus, we need to recognize your or others' disrespectful and abusive behavior to children or anyone.
- 2) Like Jesus, you need to "feel" and express angry feelings of indignation toward the guilty person. Don't look the other way or try to excuse or deny behavior that's unkind and disrespectful, especially to the children.

- 3) Like Jesus did, act immediately to change the situation. Command yourself or others to stop unjust behavior and take children to a safe and reliable source for emotional and spiritual healing.

Chapter 21

Jesus Felt Anger of Sighing Deeply over Others' Sin

Mark 8:11-12-And the Pharisees came forth, and began to question with him, seeking of him a sign from heaven, tempting him. And he sighed deeply in his spirit (attitude), and saith, Why doth this generation seek after a sign? Verily I say unto you, There shall no sign be given unto this generation.

- A) Coping with Others' Obstinacy Can Result in Sighing Deeply
 - 1) The Pharisees of Jesus' day were no different from those of today. They refuse to listen to sound biblical reason, are stubborn, and are unteachable.
 - 2) Obstinacy in others can bring forth from within us an anger of sighing deeply in trying to cope with their sin. ANGER CAN ACT AS A DETECTOR TO TELL US SOMETHING IN OUR LIVES MAYBE AMISS.
 - 3) For instance, our anger may still be frozen in childhood when others' obstinacy hit us with great emotional childhood, we became Pharisaic in confusing sound reason, acting stubborn, and being unteachable.
- B) The Reality of Sighing Deeply
 - 1) Refusing to deal with damaged emotions can cause problems for us as well as for others. If this continues, we in essence become "obstinacy" for others to deal with, and then create within them the anger of deep sighing.
 - 2) In adulthood, if we have not gained skills or courage needed to confront others' obstinacy, the "thought" of confrontation can feel scary (or intimidating).
 - 3) At times we may hear lies from our INNER CASSETTE TAPES saying words like, "No one helped me when I needed protection; that means I was to blame." Some parents fail to "STAND IN THE GAP" between children and obstinate transgressors of their private margins. Even parents sometimes become obstinate transgressors to their children, causing untold grief and sorrow for them. (cf Ezekiel 22:30)
✓ **Ezekiel 22:30**-And I (The Lord) sought for a man among them, that should make up the hedge, and STAND IN THE GAP before me for the land, that I should not destroy it: but I found none.
 - 4) Expressing anger through inward groaning and sighing deeply results from many causes.

- 5) Biblical deep sighing comes when some experience angers us to the degree that we draw up sighs from withholding and inwardly groan. Most of us sigh deeply and groan inwardly quite often when trying to deal with others' sin.
- C) Example of Others' Obstinacy
- 1) A critical attitude toward others for grieving causes a deep depression.
- D) Jesus Christ and Expressing Anger through Sighing Deeply
- 1) We hear a lot today about codependent behavior, when one does for others what they can and need to do for themselves for their own good. Christ did not choose that route; HIS TIME AND ENERGY WERE TOO VALUABLE TO WASTE ON DECOY AND COUNTERFEIT SEEKERS. Christ's model of how to cope with others' obstinacy involves three dear choices.

First, Christ OWNED His emotional response. Because Jesus understood that the Pharisees were arguing rather than listening, He groaned and in anger sighed deeply.

Second, Christ CONFRONTED His verbal attackers. Jesus understood the Pharisees were maliciously testing and not acting out of faith. In anger, He challenged them with a question, trying to get them to walk by faith.

Third, Christ LEFT them. Because Jesus understood the Pharisees were closed and not open to learning, He did not continue with them. Christ did not try to build a relationship with them, and did not take responsibility for their behavior.
- E) **Summarizing Our Thoughts on Jesus Christ and Sighing Deeply Over Others' Sin**
- 1) Like Jesus, own your emotional response of irritation when you know others are arguing rather than listening.
 - 2) Admit you sometimes feel the anger of inward groaning and sighing deeply.
 - 3) Like Jesus, confront verbal attackers. Challenge them with their malicious testing and refusing to act out of faith.
 - 4) Like Christ, leave them. When others' obstinacy show they are closed and not open to learning, don't stay with or try to convince them or take responsibility for their behavior. Your time and energy are too valuable to waste on (Decoy) COUNTERFEIT SEEKERS. (cf.) Romans 16:17-19.
 - ✓ **Romans 16:17-19**-Now I beseech you, brethren, mark them which cause divisions and offences contrary to the doctrine which ye have learned; and avoid them, for they that are such serve not our Lord Jesus Christ, but their own belly (emotions); and by good words and fair speeches deceive the hearts of the simple for your OBEDIENCE is come abroad unto all men, I am glad

therefore on your behalf: but yet I would have you wise unto that which is good, and SIMPLE concerning evil.

Chapter 22

Jesus Will Feel the Anger of Fury Over Others' Unrepented Sin

Revelation 19:15-16-And out of his mouth goeth a sharp sword, that with it he should smite the nations: and he treadeth the winepress of the fierceness and wrath of Almighty God. And he hath on his vesture and on his thigh a name written, KING OF KINGS, AND Lord of Lords.

A) Controlling Our Fury in Connection with Circumstances

- 1) When fury is not controlled, it unleashes intense feelings of hot anger and rage.
- 2) One man reason for unleashed fury in today's society rests on the fact that those "unleashers" have not discovered and connected with Jesus Christ's healthy emotions, for emotional wholeness.

B) The Reality of Anyone's Unleashed Fury

- 1) Christians as well as non-Christians daily unleash fury onto innocent bystanders.
- 2) We can learn from Christ's model how to control feelings of hot anger and rage, regardless of our emotional pain or circumstances.
- 3) Emotional pain and deprivation of love and acceptance builds a deep hatred for others and often is unleashed as fury unto innocent others.
- 4) We "see" from Scripture how Christ handles His anger in dealing with others' obstinacy, emotional hardness, and unkindness.
- 5) Some anger, when expressed in a healthy way like anger can be helpful and can change us from the "inside→out."

C) Jesus Christ and Releasing Future Fury

- 1) When Christ walked this earth He did not express fury, the intense feeling of hot anger and rage.
- 2) In refusing to express fury, Jesus showed us how we also can refuse to express that hot anger and rage.

First, Jesus refused to express fury. But He expressed three different types of anger responses in healthy ways and kept them under control.

Second, Jesus understood and appreciated the destructive nature of fury. He knew we needed His model to help us learn to control our fury.

Third, Jesus has reserved His fury for the future. One day He will unleash it on those not found in His vineyard-whose sins are unforgiven. Christ's anger models show us that "many people don't get angry when they should and therefore do not

mobilize the energy necessary to deal with some crucially important issues of life.”

D) Summarizing Our Thoughts on Jesus Christ and Feeling Fury Over Unrepented Sin

- 1) Like Jesus, refuse to express the destructive and hot anger that Christ did and for the same type of reasons.
- 2) Like Jesus, understand and appreciate the destructive nature of fury. Don't allow the enemy to goad me into expressing that hot anger during trying circumstances.
- 3) Like Jesus, reserve your feelings of fury for the future to use against resisting the enemy of your soul. cf. (James 4:7)
 - ✓ **James 4:7**-SUBMIT yourselves therefore to God. Resist the devil, and he will flee from you.
 - ✓ cf **2 Corinthians 10:3-5**-though we walk in the flesh, we do not war against the flesh for the weapons of our warfare are not carnal but mighty through God for the pulling down of strongholds. And casting down imaginations and every high thing that exhalteth itself against the knowledge of God, and bring every thought into captivity to the obedience of Christ.

Chapter 23

Jesus Felt Amazed in Dealing With Life's Dilemmas

Mark 14:32-33-And they came to a place which was named Gethsemane: and he saith to his disciples, sit ye here, while I shall pray. And he taketh with him Peter and James and John, and began to be sore amazed, and to be very heavy;..

- 1) In the midst of that unique time a stressful dilemma developed when Jesus confronted Peter (about his 3 denials). Although the night was warm, cold chills ran through Peter as he heard those words. Even while Peter insisted emphatically that he would never desert Christ, a clammy and sickening shame oozed over the depth of his inner being.
 - 2) Christ was (well) aware of his (Peter's) shame, but he knew that dilemmas would continue until Peter learned to surrender his impulsive behavior.
- A) Feeling Amazed in Dealing With Dilemmas
- 1) Christ's teaching in Matthew 6 and 7 reveal that prayer consists of both the human (fleshly) and the Divine (spiritual).
 - THE HUMAN PART OF PRAYER IS ASKING AND RECEIVING
 - WHILE DIVINE PART IS GIVING
- B) The Reality of Dilemmas and Needed Prayer
- 1) Warfare praying is new for a large portion of Christians; but it is not new.

- 2) Failure to recognize the warfare aspects of prayer keeps many Christians from developing an effective prayer life. that failure also testifies to the enemy's successful strategy for keeping the Body of Christ as a whole from understanding just how critical the need is for warfare prayer. **AS A RESULT OF AN INEFFECTIVE PRAYER LIFE, DISCOURAGEMENT TAKES OVER.**
 - 3) We must understand that warfare "prayer is striking the winning blow at the concealed enemy. **THIS NEEDS TO BE TRUE OF ALL PRAYER LIFE, NOT ONLY WITH DILEMMAS.**
 - 4) Often we think of a dilemma as a problem that we are incapable of satisfactorily resolving on our own. We seek information from others and wisdom from God through Scripture and prayer.
 - 5) Seeking His wisdom in prayer can become a battle since Satan and the fruit of his work-the fleshly emotions-the enemy of our souls-interrupts, interferes with, and opposes us on every hand.
 - 6) Yet, some dilemmas develop quickly and unexpectedly, interfering with time for prolonged prayer. Such circumstances call for prayer as we go. cf (Nehemiah 2:4-5)
 - ✓ **Nehemiah 2:4-5**-Then the king said unto me, for what dost thou make request? So I prayed to the God of heaven. And I said unto the king, if it please....
 - 7) Praying obeys Christ's command, strengthens us to move ahead, and helps us deal with life's dilemmas during times of amazement.
 - 8) We also must believe that His ways and thoughts of the overall picture are above our understanding. cf (Isaiah 55:8-9)
 - ✓ **Isaiah 55:8**-For my thoughts are not your thoughts, neither are your ways my ways, saith the LORD. For as the heavens are higher than your ways, and my thoughts than your thoughts.
 - 9) He does not leave us in doubt about His will, although the enemy opposition tries to deceive us into doubting the Lord God's directions are for our good. With our cooperation, He will ultimately in time bring for us the best solution. cf (Jeremiah 29:11, Romans 8:28)
 - ✓ **Jeremiah 29:11**-For I know the thoughts that I think toward, you saith the LORD, thoughts of PEACE, and not of EVIL, TO GIVE YOU AN EXPECTED end.
 - ✓ **Romans 8:28**-And we know that all things work together for good to them that love God, to them who are called according to his purpose.
- C) Jesus Christ and Dilemmas and Amazement
- 1) In dealing with His disciples, Christ demonstrated how to let others reap what they sow. This New Testament principle located in Galatians 6:7 discourages codependent relationships. First, Christ chose to be vulnerable with His inner most feelings. He did not deny or rationalize His emotional struggle with His most difficult situation.

Second, Christ confronted the situation through concentrated prayer. He fought the spiritual battle of warfare prayer with God, which prepared Him for either quick or prolonged action.

Third, Christ submitted His human will to God's Divine will. His submission to God strengthened Him for the immediate as well as for the next season of battle.

D) Summarizing Our Thoughts on Jesus and Dilemmas and Feeling Amazed

- 1) Don't do as the disciples when they failed to accept their reality. Use Christ's model of being vulnerable with His feelings. Talk with a trusted friend or Christian counselor about the situation.
- 2) Like Christ, do not deny or rationalize your emotional struggle; CONFRONT THE SITUATION-(NOT SATAN OR BEAT OURSELVES UP)-through concentrated prayer with God. Ask praying friends to do battle with you using warfare prayer.
- 3) Like Christ, submit your human will to God's Divine will. Through the Holy Spirit, continue with God-given responsibilities when the ENEMY through others or through situations tries to DISTRACT or DISCOURAGE.

Chapter 24

Jesus Marveled in Dealing With Life's Dilemmas

Mark 6:5-6-And he could there do no mighty work save that he laid his hands upon a few sick folk, and healed them. And he marveled because of their unbelief. And he went round about the villages, TEACHING.

A) Marveling in the face of Others' Responses

- 1) Responding to circumstances in surprise or astonishment during Christ's time and calling the response "marvel" was evidently uncommon. It remains so even in today's society for emotional expression. Yet, this emotion is recorded twice of Christ.
 - a) On one day He marveled at the Capernaum Centurions great faith in regards to his servant's healing.
 - b) On another day, Christ marveled at people in the synagogue from His own country because of their failure to believe.
- 2) It is interesting to note that Christ was struck with surprise and astonishment both at people's response of unbelief as well as their response of faith.
- 3) This contrast seems to bear out the view that society, culture, and personal experiences help to determine what triggers our emotional responses.
- 4) In (John 4:9) choosing His words carefully, Christ talked to the woman in such a way that helped her feel accepted and valued. His kind response triggered in her response of astonishment. A feeling of marvel prompted the woman to leave her water pot

and find others to fell about Christ's bold kindness. Cf (Philippians 1:20)

- ✓ **John 4:9**-Then saith the woman of Samaria unto him (Jesus), How is it that thou, being a Jew, askest drink of me, which am a woman of Samaria? For the Jews have no dealings with the Samaritans.
- ✓ **Philippians 1:20**-According to my earnest expectation and my hope, that in nothing I shall be ashamed, also Christ shall be magnified in my body, whether it be by life, or by death.

B) The Reality of Marveling at Others' Responses

- 1) Their walk with Jesus had not, evidently, cleared their thinking in regards to self-esteem and personal-worth. It's apparent the disciples had not learned that "How" WE SEE others is the WAY WE "TREAT" them.
- 2) When we "SEE" others as worthless, we will TREAT them as worthless. BUT WHEN WE "SEE" others as persons of worth to Christ, we will communicate worth to them in the way we talk to and treat them. Cf (Hebrews 13:16)
 - ✓ **Hebrews 13:16**-But to do good AND to communicate forget not: for with such sacrifices God is well pleased.
- 3) Most Believers today believe that Jesus Christ died for, accepts, and forgives "all" regardless of cultural communication lines. Yet, while these believers have settled the (positional) salvation question, many have not settled the personal worth issue (progressive & complete). Cf (Philippians 1:6 and II Corinthians 1:10)
 - ✓ **II Corinthians 1:10**-Who (God in Christ) delivered (positional) us (Christ believers) from so great a death, and doth deliver (progressive): in whom (God in Christ) we trust that he will yet (complete) deliver us.
 - ✓ **Philippians 1:6**-Being confident of this very thing, that he which hath (past-tense-positional) begun a good work in you will perform (progressive) it until the day of Jesus Christ (complete).
- 4) Many of these same believers are struck with surprise and astonishment at the thought that Jesus, Son of God, provides the basis of self-esteem and personal worth for "all" regardless of cultural communication differences.
- 5) His creative acts of creation and salvation correspond to help us feel both loved by God and belonging to God. We cannot work for salvation. According to (Ephesians 2:8-9), it's God's free gift. Likewise, our personal worth is a free gift from God; We cannot work for it. Cf (Philippians 1:13)
 - ✓ **Philippians 1:13**-for it is God which worketh in you both to will and to do of his good pleasure.

- 6) That's why different skin colors, different financial levels, or different social levels matter not to Christ. He is skin-colored blind with no financial or social preferences.
- 7) His responses to others are in regard to their heart (emotions) problems or conditions felt in opposition to God. HE GIVES HIS WORTH AND LIVING WATER TO ALL WHO BELIEVE IN HIM.
- 8) Since Christ knew who He was the only begotten Son of God, His self-identity and personal worth were well established. Self-acceptance enabled Him to interact with and respond to everyone through (ágape) love and acceptance. Cf (John 15:13; I Corinthians 15:10a)
 - ✓ **John 15:13**-Greater love (ágape) hath no man than this, that a man lay down (martyr) his life (and lifestyle) for his friends.
 - ✓ **I Corinthians 15:10a**-But by the grace of God I am what I am: (The acceptance of ones (and others) humanity-is the beginning of humility.
- 9) Many of us have not reached that well-established stage. Cf (Colossians 2:6-7) "There's an important truism about self-identity. Our self-picture determines the way we feel about ourselves and others.
 - a) For those who feel self-acceptance picture themselves with a strong self-concept.
 - b) For those who feel less healthy emotions struggle with a weak self-concept.
- 10) Recognize that from God's view, we are persons of worth. We don't need to marvel (be surprised) at such words as self-image or personal worth.
- 11) Being created in God's image means that we are persons of worth. This is the basis for our self-identity. That is why we no longer need to strive for self-identity through the "good works" of comparing (cf II Corinthians 10:12), performing cf (Ephesians 2:9, 10), and competing. (spirit of Jealousy Numbers 5:14)

Comparing

- ✓ **II Corinthians 10:12**-for we dare not make ourselves of the number, or compare ourselves with some that commend themselves: but they measuring themselves by themselves, and comparing themselves among themselves, ARE NOT WISE.

Performing

- ✓ **Ephesians 2:9, 10**-Not of works, lest any man should boast. For WE ARE Christians his (God) workmanship, created in Christ Jesus unto good works, which God hath before ORDAINED that we should walk in them.

Competing

“spirit of Jealously” cf Numbers 5:14)

- ✓ **II Corinthians 10:3-6**-for though we walk in the flesh, we do not war after the flesh: (for the weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ; And having in a readiness to revenge all disobedience, when your obedience is fulfilled.

Rooted & Grounded in Christ

- ✓ **Colossians 2:6-7**-As ye have therefore received Christ Jesus the Lord, so walk ye in him: Rooted and built up in him, and stablished in the faith, as ye have been taught, abounding therein with thanksgiving.

C) One Example of Marveling Over Another’s Response

- 1) Each of us has the need for “belongingness” and being loved, for they influence our feelings about who we are. We’ve agreed being created in God’s image with “spirit, soul, and body,” provides the basis for self-image and personal worth.
- 2) Understanding this can affect our attitude toward using spiritual gifts.
 - a) “God has not equally distributed gifts, talents, or intelligence but He has EQUALLY distributed Himself. Our sense of worth [then] comes from knowing who we are as children of God, created IN HIS IMAGE.
 - b) That’s why the basis of personal worth rests on God’s worth. Since HIS worth is immeasurable, our worth is also immeasurable.
- 3) **Yet, having God’s worth and “being worthy of His love” are not the same. We can do absolutely nothing, zero, to be worthy. WE CANNOT WORK FOR PERSONAL WORTH; IT IS GOD’S FREE GIFT.**
- 4) During a long time of distraction the mind, soul, and emotions become depleted leaving one weak and vulnerable to the enemy’s (our fleshly desires-caused by his fiery darts) attacks.
- 5) In this depleted emotional state, the opposite sex who can be overly responsive, can lead one to forget commitments of holiness to God, faithfulness to a spouse or (even celibacy) and wholeness to oneself. Despite the Holy spirits convictions and promptings.
- 6) God uses this to shake us into reality and to choose recommitment. Once we make a recommitment to God, family, and self, life daily takes on new meaning and wholeness.

- 7) Learn that “status” cannot give personal worth. Discover that the only real and healthy feelings or self-esteem/worth are based on God’s worth. This truth takes away works of comparing, performing, and competing.
 - 8) “To be in the image of God means to be in a COMPLEMENTARY (NOT COMPETITIVE) relationship to him, to be in correspondence.” Christ’s blessings on a new life cause one to marvel in appreciation.
- D) Jesus Christ and Dealing with Dilemmas and Responding with Marvel
- 1) With all emotional responses to dilemma, there’s always a set of circumstances.
 - 2) In counseling with people I’ve found one of the most common problems is their inability to deal with life’s dilemmas.
 - 3) When one is in crises and cannot see any HOPE; the primary motivating factor enabling us to face dilemmas, the tendency is to give up. Cf (Colossians 1:27; II Corinthians 4:7; Philippians 4:13)
 - ✓ **Colossians 1:27**-To whom God would make known what is the riches of the glory of this mystery among the gentiles: which is Christ in you, the hope of glory.
 - ✓ **II Corinthians 4:7**-But we have this treasure in earthen vessels, that the excellency of the power may be of God and not us.
 - ✓ **Philippians 4:13**-I can do all things through Christ which strengtheneth me.
 - 4) Yet, in facing the hardest circumstance, Christ did not give up, because He clung to HOPE. Doing this He showed us how to cling to hope.
 - 5) Many of us in facing a life dilemma forget hope and run. Christ neither ran nor tried to pretend that dying on a cross would be easy.
 - 6) Accepting the father’s death assignment, filled with indescribable pain, made the God-man even more strong in His modeling how to deal with life dilemmas.

First, Christ faced or acknowledged His reality. He did not try to reduce, change, dilute, or deny a troublesome circumstance. Submission to God’s Divine (omniscient) will brought him inner peace.

Second, Christ looked for and got a broad perspective on the problem. He didn’t dwell on physical death or despair; He communicated with God, HIS RELIABLE SOURCE. Submission to God’s Divine (omniscient) will brought Him emotional stability.

Third, Christ clung to hope. He did not give up or cave in to hopelessness and despair.

E) Summarizing Our Thoughts on Jesus and Dilemma and Marveling

- 1) Like Christ did, you can face and acknowledge your reality. In doing that, you won't need to reduce or change or deny a troublesome circumstance.
- 2) Like Christ, you can look for a broad perspective on the problem. In so doing, look for a reliable source that can help you avoid dwelling on physical, emotional; or spiritual despair.
- 3) Like Christ, cling to hope. Don't give up or cave in to despair or helplessness.

Chapter 25

Jesus Felt Deeply Moved During Times of Loss

John 11:33-When Jesus therefore saw her weeping, and the Jews also weeping which came with her, he groaned in the spirit, and was troubled.

- 1) Often people saw Him (Jesus) as no different from them, failing to see His excellence of character in each healthy emotional response.
 - 2) Through this "raising" Jesus was trying to teach them the deep movement of COMPASSION rather than resurrection.
- A) Feeling Amazed in Dealing With Dilemmas
- 1) Times of loss came in multi-shades of color or experience, not just in connection with death.
 - 2) Women are usually known for being emotionally stronger than men. Depending on their individual personality and background, they usually deal more realistically with loss.
 - 3) Sadly, our society still lives with the myth that men or boys should not show vulnerability in painful emotional situations. Because of this wrongfully taught myth, most of them learn to suppress and deny their "real" emotions having to do with loss. Over a period of time, such suppression builds and stores anger. With the slightest provocation, this unhealthy anger spills over onto innocent bystanders.
 - 4) When Jesus walked the earth, He modeled anger in healthy ways trying to discourage anger suppression and denial. He knows such behaviors can lead to anger PROGRESSION, which produces only damaging and destructive behavior.
 - 5) Scripture shows us clearly that Christ was OPEN, DIRECT, and FORTHRIGHT in expressing His emotions.
 - 6) Consequently, Jesus neither suppressed nor denied His emotional responses.
- B) The Reality of Loss
- 1) In the childhood, of some the greatest loss is not experiencing "closeness" with their parents and the resulting devastation is in emotional lives.

- 2) To others the greatest loss in childhood is their parent's destructive relationship and the resulting devastation in their emotional life.
 - 3) In adulthood, the great losses are when childhood expressed memories of satanic ritual abuse (SRA) from the Adversary start surfacing directly or through others.
 - 4) In examining Jesus' different responses of anger, in each case we see that His responses are the anger of love. Such is true of all righteousness anger, which is anger directed toward evil. This is why we can say that anger is often mixed with love.
 - 5) Anger is the emotion produced by hostility, and by its very nature love is hostile to everything that causes injury to life.
 - 6) Injury to life always bring us loss. To children sever losses are their INNOCENCE, SECURITY, SAFETY, and ABILITY TO TRUST. Parents should ALWAYS represent (commend, demonstrate) trust, safety, and security to provide them with a sweet, innocent childhood. Cf (Romans 5:8; John 3:16)
 - 7) These great losses should cause one to feel deeply moved.
 - ✓ **Romans 5:8**-But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.
 - ✓ **John 3:16**-For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.
- C) Coping with Childhood Loss
- 1) In God's mercy, memories surface sparingly sine He (God) knows they (memories) leave Survivors devastated emotionally, physically, spiritually, and mentally.
 - 2) For their healing to come, precious survivors must receive nurturing care, acceptance, and love from a Christ-designed community (See Chapter 9). The entire Christian Community must come to terms with the truth that healing for emotional, mental, or spiritual loss takes TIME, just as does physical healing.
- D) Coping with Adulthood Loss
- 1) Chuck Colson is known to thousands for his years of service as special counsel to President Nixon during the early 70's.
 - 2) Some don't know that after Watergate, WHILE SERVICING A PRISON SENTENCE, he was "born again".
 - 3) Now, as a Christian, Chuck is known nationally for his challenging, credible books and prison fellowship ministries.
 - 4) "Feelings of helplessness, frustration, a sense that the walls were closing in" remind him afresh of his personal loss of freedom. Cf (1John 3:20-21, Psalms 73:26, Job 33:12)
 - ✓ **1 John 3:20-21**-For if our heart condemn us, God is greater than our heart, and knoweth all things. Beloved, if our heart condemn us not then have we confidence toward God.

- ✓ **Psalms 73:26**-My flesh and my heart faileth: but God is the strength of my heart, and my portion for ever.
 - ✓ **Job 33:12**-Behold, in this thou art not just: I will answer thee, that God is greater than man.
- 5) Mr. Colson learned from Christ's model to feel deeply moved during times of loss, not just for his but also for others'.
- E) **Jesus Christ and Loss and Feeling Deeply Moved**
- 1) Lazarus' door was always open to Jesus, even when many others were slammed shut. When Jesus was misunderstood by others, fellowship and acceptance always awaited Him at the Lazarus home.
 - 2) The deep friendship shared equally between them with Mary and Martha, was special to Jesus. He appreciated their uniqueness.
 - a) Martha was aggressive in action, possessive, and verbal.
 - b) Mary was assertive in action, studious, and emotional.
 - c) Lazarus, with parents gone, was head of their home. He was faithful in overseeing the family possessions and was a loving brother evidenced by Mary and Martha's devotion to him.
 - 3) Jesus did not try to (rush) them into healing and restoration, but nurtured them by meeting their unique and personal needs'. He was their link between LIFE AND DEATH.
 - 4) He (Jesus) showed us how to avoid denying "true" feelings during times of loss.

First, Jesus observed and evaluated the situation. He looked behind their crying and tears in order to SEE THE TRUE NEEDS BEING PRESENTED.

Second, Jesus responded with sincere vulnerability. Even in front of others, the God-man expressed a strong agitation of mind and emotion without shame.

Third, Jesus overruled masking and pretense in time of loss by His GENUINENESS. He demonstrated the importance of responding to others with sincerity during times of loss.
- F) **Summarizing Out Thoughts on Jesus and Loss and Feeling Deeply Moved**
- 1) Like Christ, you can observe and evaluate the situation. You can look behind crying and tears in order to see true needs being presented.
 - 2) Like Christ, you can respond with sincere openness. Even in front of others, you can express your agitation of mind and emotion without shame.
 - 3) As did Christ, let you GENUINENESS overrule any tendency to mask or pretend in time of loss. You can demonstrate the importance of responding to others during times of loss with sincerity, RATHER THAN PRETENSE.

Chapter 26

Jesus Felt Sad During Times of Loss

Matthew 26:36, 38-Then cometh Jesus with them unto a place called Gethsemane, and saith unto the disciples, Sit ye here, while I go and pray yonder. Then saith he unto them, My soul is exceeding sorrowful, even unto death: Tarry ye here, and watch with me.

A) Sadness that's Okay in Time of Loss

- 1) When we look at Jesus only as Deity, it's difficult to "see" that He experienced the burden of sin pressing heavily on Him causing an even greater loss.
- 2) A spiritual loss came when He was "made sin for us" that separated Him emotionally from His Heavenly father. Anticipating that loss is why Christ's soul was very sad, almost to the point of death.
- 3) We feel sad in situations and circumstances that encompass us with grief.
 - a) Jesus felt loss when His disciples failed to stand with Him in prayer.
 - b) He grieved when Jerusalem would not turn to Him for salvation.
- 4) Christ's healthy and balanced model shows there is sadness that's okay in time of loss. In fact, when we don't feel sad in the face of grief we're DENYING and CUTTING OFF our NORMAL HEALTHY GOD-GIVEN emotions. According to Jesus, it's okay to feel sad during loss.

B) The Reality of Unhealthy Sadness

- 1) Life provides countless experiences that cause loss and give reason for sadness. Yet, numerous groups of Christians who have not discovered or connected with Jesus' healthy, whole, and balanced emotional responses still try to deny their sad feelings.
- 2) Their unfounded belief says Christians should always carry around smiles, regardless of their heavy hearts.
- 3) David said that when he kept silent instead of expressing his sadness his bones wasted away. That's another way of saying he became depressed. He also said that silence, or unhealthy sadness, kept him from going to God when the waters of trial overflowed him.
- 4) Christians who deny their sad feelings will benefit greatly from studying Jesus' UNPHARISAICAL and GENUINE emotional responses.

C) Jesus Christ and Loss and Sadness

- 1) Jesus experienced loss at different times in His life on earth. As Jesus lived with the consequences of others' sin, He was confronted with an abundance of sad situations.
- 2) The God-man did not consider His losses as such; He accepted them as part of His life. During that crucial last evening in the Garden, when His disciples failed to stand with Him even one hour in prayer, He did not condemn them. Jesus expressed His disappointment and sadness, then walked on toward the cross where He would suffer the ultimate loss.
- 3) Gethsemane reveals as perhaps no other place the true manhood of Jesus. Cf (John 1:11).
 ✓ **John 1:11**-He came unto his own, and His own received him not.
- 4) Those of us who have suffered great loss can "feel" with Jesus our Saviour and Lord. But never can we (know) the loneliness, despair, and sadness in the dark hour of Gethsemane. **THE ULTIMATE SADNESS.**
- 5) Christ knew that He would be emotionally separated from His Heavenly father, even though that separation was unavoidable. Jesus was experiencing overwhelming torment from the prospect of dying for your and my sins.
- 6) He was trying to deal with His torment in that crucial hour and at the same time cope with ultimate loss. Jesus was feeling depressed and extreme sadness; yet, had He not, He could not now relate to us in our times of loss.
- 7) But, He walked on. Jesus triumphed over the evil one, showing us how to walk through extreme sadness and depression during times of loss.
First, Jesus chose to be with others during a time of great loss. He neither denied His feelings nor withdrew from others.
Second, Jesus revealed His innermost feelings. He **RISKED** being vulnerable even in the face of being rejected.
Third, Jesus asked His closet friends for emotional support. He didn't hesitate to give others the opportunity to minister to Him, although they failed to do so.

D) Summarizing Our Thoughts on Jesus and Loss and Feeling Sadness

- 1) Like Christ did, YOU CAN CHOOSE to be with others during a time of great loss. You need not deny your feelings nor withdraw from others.
- 2) Like Christ did, YOU CAN REVEAL you innermost feelings to those whom you trust. You need not fear the risk of being vulnerable, even in the face of being rejected.
- 3) Like Christ did, YOU CAN ASK YOUR CLOSET FRIENDS FOR EMOTIONAL SUPPORT. You need not

hesitate to give others the opportunity to minister to you although they may fail to do so. You can learn to ask and allow others to reach out to you by connected with Jesus' BALANCED, HEALTHY model of dealing with loss and sadness.

Chapter 27

Jesus Felt Sorrow During Times of Loss

Matthew 26:37- 38-And he took with him Peter and the two sons of Zebedee, and began to be sorrowful and very heavy. Then saith he unto them, My soul is exceeding sorrowful, even unto death: tarry ye here and watch with me.

- 1) Washing their feet (Read John 13) typified the need of our soul's daily purification from the travel stains of life using Scripture and prayer.
 - A) Feeling Sorrow During Times of Loss
 - 1) Since the time Jesus walked this earth with His healthy emotional responses, most of us have failed to discover and connect with those models.
 - a) There is a wide spread misunderstanding about feeling sincere sorrow during times of loss.
 - b) This may account for those Christians who cannot let themselves grieve during loss.
 - 2) If we don't walk through a time of grieving and feeling sorrow, an anger leading to depression can develop.
 - 3) Others seem to think they should have denied their loss and walked on as though nothing debilitating had changed their bodies.
 - 4) People taking this attitude FAIL to take time for a healthy sorrow and want others to do the same, regardless of emotional destruction to their lives or relationships.
 - 5) JESUS CHRIST DID NOT DENY HIS EMOTIONAL PAIN.
 - B) Coping with Sorrow and Loss in Childhood
 - 1) Some learn how to deal with comments like, "Just be tough. There are those who are worse off than you." Such words help mold ones personality with a false guilt that teaches to deny pain (emotional).
 - 2) Some learn a pseudo responsibility for trying to "fix" others, but cannot feel compassion with them because they are denying their own needs.
 - 3) We should know that Jesus Christ is the source and power we go to in times of sorrow and loss. Jesus is helping many turn sorrow into joy and emotional gain.
 - C) Coping with Sorrow and Loss in Adulthood

- 1) In the midst of trying to cope with the fallout of heavy emotional losses, some feel the reality weight of identity crises.
 - 2) The greatest help during these times is the knowledge and confidence that Jesus Christ through the Holy Spirit lives within us.
- D) Jesus Christ and Loss and Feeling Sorrow
- 1) Jesus was a man of sorrow. He was acquainted with the grief of being despised and rejected by His very own Creation.
 - a) He knew the sorrow of being abandoned by His beloved disciples whom He had chosen, trained, lived with, and worked with so closely for three years.
 - b) He knew the sorrow of watching those around Him walking in sin.
 - c) He knew the sorrow of watching death's destructive work on His created, loved Humanity.
 - d) He knew the emotional pain of grieving with others in their pain, for their loss was also His loss.
 - e) He knew the deep sorrow of preparing Himself for the cross, and its indescribable physical pain.
 - 2) Yet, despite His sorrows, Jesus Christ was not the "picture" of an unhappy person.
 - a) It does not matter that we find no Scriptural evidence of a smiling face.
 - b) It matters not that Scripture doesn't record laughter.
 - 3) Beneath His heavy weight of sorrow oozed joy, peace, love, gladness, and rejoicing in the Holy Spirit.
 - 4) These healthy emotions came from knowing the "always" presence of His father and the assurance that He was doing His father's work.
 - 5) Part of that work was modeling for us how to live and function under the heavy burden of sorrow and loss.

First, Jesus chose to be with close, trusted friends during times of great loss. He did not withdraw from others but sought their fellowship.

Second, Jesus shared His true feelings with His friends. Even in the face of being misunderstood or rejected. He risked being vulnerable with those trusted few.

Third, Jesus asked emotional and prayerful support from those with whom He wanted fellowship. Although they failed Him, He didn't hesitate to give them opportunity to minister to Him.
- E) **Summarizing Our thoughts on Jesus and Loss and Feeling Sorrow**

- 1) Like Jesus did, you can choose to be with close, trusted friends during times of loss. You need not withdraw from others; you can accept their friendship.
- 2) Like Jesus, you can share your true feelings with those whom you trust. You need not fear being misunderstood or rejected if you allow Jesus Christ to help you risk being vulnerable with a few trusted friends or family members.
- 3) Like Christ did, you can ask emotional support of those from whom you have fellowship. Although others (including oneself) are not without fault, you can give them opportunity to reach out to you.

Chapter 28

Jesus Wept During Times of Loss

John 11:34-35-And said, Where have ye laid him? They said unto him, Lord, come and see. Jesus wept.

John 11:25- Jesus said unto her, I am the resurrection, and the life: he that believeth in me, though he were dead, yet shall he live:

Cf Romans 7:9- For I was alive without the law once: but when the commandment came, sin revived, and I died.

- 1) In their voices, Jesus could hear the bewilderment and betrayal they felt because He had not come before Lazarus died. Jesus understood the sisters' confusion and anger for He also felt anger; actually He raged in His insides.
- 2) But His "IRRESSIBLE ANGER" was toward the unnaturalness and evil of death, and him who has the power of death; the one whom He came to destroy.
 - a) At that moment, His anger was manifested as tears.
 - b) Because of emotional devastation forced on Mary and Martha when the enemy death took their beloved Lazarus, "Jesus Wept" with them.
- 3) On this day, they could not understand that the "resurrection and life" are not special gifts to humanity but literally Jesus Christ Himself.
- 4) "One loud command spoken into that silence; one loud call to that sleeper; one flesh of God's own light into that darkness, and the wheels of life again moved at the outgoing of The Life." THE WEEPING AND MOURNING TURNED INTO INSTANT JOY INSTEAD OF LOSS.
 - A) Feeling the Need to Weep During Times of Loss
 - 1) Christ's balanced life shows us that weeping during times of loss is normal and emotionally healthy.
 - 2) Christ's emotional responses also show us different levels of feelings and weeping.
 - 3) When Jesus wept with Mary and Martha, His tears flowed from having to observe the emotional devastation and

physical deterioration caused by death. His tears were more of anger at death than feeling sympathy.

a) We will walk through loss at different emotional levels ACCORDING TO PERSONALITY AND BACKGROUND. Cf. (Ps. 116:15).

✓ **Ps. 116:15**-Precious in the eyes of the Lord is the death of one of his saints.

b) It's still difficult sometimes for some to let tears flow freely in front of others.

4) We remain more physically, emotionally, and spiritually healthy by following Christ's example of weeping openly during times of loss.

B) Coping with Weeping and Childhood Loss

1) Most of us can probably point to different types of loss in our childhood.

2) Until memories of Satanic ritual abuse (SRA) start surfacing, neither oneself or family or counselor realize the basis of fears or emotional attacks suffered from childhood.

3) As memories surfaced of loud voices screaming at them during times of torment, some start to understand why they couldn't endure the fight of faith. Cf. (II Timothy 4:7-8; "peace of God", Phil.4:7-9)

✓ **II Timothy 4:7-8**-I have fought a good fight, I have finished my course, I have kept the faith: Henceforth, there is laid up for me a crown of righteousness which the Lord, the righteous judge, shall give me at (that) day: and not to me only, but unto all them also that (love) his appearing.

"Peace of God"

✓ **Phil. 4:7-9**-And the peace of God, which passeth all understanding shall keep your hearts and minds through Christ Jesus. Finally, brethren, whatsoever things are true, what so ever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report, if there be any virtue, and if there be any praise, think on these things.

4) After many years of spiritual and emotional healing, many reach an acceptance of God's sovereignty in regards to their childhood loss of INNOCENCE, SAFETY, TRUST, and SECURITY.

5) In marriage, family, relationships, and service to the Lord, God continues to turn losses into gain.

"It's normal for survivors to feel that even though God is sovereign He can't be loving and good because a good and loving God can't allow such awful pain and suffering (they

say). Yet, most come to understand that God is 100% sovereign and 100% loving and good. Or better said, perfect in love, goodness, and sovereignty. I believe God wants His love to motivate us in each area of our lives and wants our love. While love is our basis for relationship with God, I believe His sovereignty is one of the (and perhaps the most) important truths to understand for anyone, especially an abuse victim. It's the bottom-line issue for us to grapple with for if God is not in ultimate control (hypothetically speaking) of all things, then it's possible we could be separated from His love, making that love of no effect to us." Cf. (Rom. 8:35-39)

✓ **Rom. 8:35-39**-Who shall separate us from the love of Christ? shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written, For THY SAKE WE ARE KILLED ALL THE DAY LONG; WE ARE ACCOUNTED AS SHEEP FOR THE SLAUGHTER. Nay, in all these things we are more than conquerors through him that loved us. For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

"As well, if God is not in ultimate control then His promises are not absolute. Only a perfect and sovereign God can carry out His many plans and promises without fail."

"Survivors of SRA (Satanic Ritual Abuse)," Cf. (Gen. 3:6 is 1 Jn 2:16)

✓ **Gen 3:6**-And when the woman saw that the tree was good for food, and that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat.

✓ **1 Jn 2:16**-For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world.

"Or other abuses have difficulty coming to a sound understanding of God's Sovereignty in trying to deal with their memories an troubled souls."

"A troubled soul overshadows their lives as adults and they have difficulty trusting anyone, especially God. This explains why a good-sized portion of Christ's Body struggles with the trust, commitment, and submission needed in trying to deal with God's sovereignty and in coping with our damaged emotions."

C) Coping with Weeping and Adulthood Loss

- 1) Some function by mood swings.
- 2) Despite years of emotional pain and loss, their face radiates a peace that comes only from faith in Jesus Christ. Realizing, they say “I know who I am in Christ and I can speak only through His power.”

Cf. (Job 13:15; Rom. 3:4; II Tim. 4:7, 8; Heb. 11:1, 6; Rom. 11:36; Jn. 4:23, 24 “spirit” is Gal. 4:5, 6; “truth” is Ps. 119:43, 142; II Tim. 2:15; “in order to” Cf. Eph. 6:13, 14 “and...stand. Stand therefore...”)

- ✓ **John 13:15**-For I have given you an example, that ye should do as I have done to you.
- ✓ **Rom. 3:4**-God forbid: yea, let God be true, but every man a liar; as it is written, That thou mightest be justified in thy sayings, and mightest overcome when thou art judged.
- ✓ **II Tim. 4:7, 8**-I have fought a good fight, I have finished my course, I have kept the faith: Henceforth there is laid up for me a crown of righteousness, which the Lord, the righteous judge, shall give me at that day: and not to me only, but unto all them also that love his appearing.
- ✓ **Heb. 11:1, 6**- Now faith is the substance of things hoped for, the evidence of things not seen...But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him.
- ✓ **Rom. 11:36**-For of him, and through him, and to him, are all things: to whom be glory for ever. Amen.
- ✓ **Jn. 4:23, 24**-But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him. God is a Spirit: and they that worship him must worship him in spirit and in truth.

“spirit” is

- ✓ **Gal. 4:5, 6**-To redeem them that were under the law, that we might receive the adoption of sons. And because ye are sons, God hath sent forth the Spirit of his Son into your hearts, crying, Abba, Father.

“...truth...” is

- ✓ **Ps. 119: 43, 142**-And take not the word of truth utterly out of my mouth; for I have hoped in thy judgments... Thy righteousness is an everlasting righteousness, and thy law is the truth.
- ✓ **II Tim. 2:15**-Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.

in order to:

✓ **Eph. 6:13,14**-Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness;

D) Jesus Christ and Feeling Loss and Weeping

- 1) Jesus respected their need to grieve and receive emotional support. He went with them as though a “storm of wrath” swept over Him. He mingled tears of sympathy and irrepressible anger with His beloved friends.
- 2) Jesus burned against death with rage for what He saw it doing to His precious created beings. Other evils also enraged Christ.
 - a) He rebuked a fever, the wind, the sea, and unclean spirits because each tormented mankind.
 - b) He chided and cast out demons because of “the tyrannous evil which they were working upon their victims.”
 - c) His displeasure that He directed TOWARD THE MALIGNANT POWER BEHIND THESE MANIFESTATIONS was the same that He conquered at Lazarus’ tomb.
- 3) Jesus still feels with His own during their times of oppression, and modeled how to weep during times of loss.

First, Jesus listened to the whole story. He knew the importance of hearing the facts before responding.

Second, Jesus was moved inwardly with others during their time of loss. HE DID NOT PRETEND to be in touch with their emotional needs; HE FELT WITH AND FOR THEM.

Third, Jesus wept openly with others. His feelings were real; HE DID NOT MAKE OR FAKE an emotional response in their presence.

E) Summarizing Our Thoughts on Jesus and Loss and Weeping

- 1) Like Jesus, learn to listen to the whole story; get the facts before responding.
- 2) Like Jesus did, let your insides be moved with others during their time of loss. Don’t pretend to be in touch with their emotional needs. Just allow yourself to FEEL with and for them.
- 3) Like Jesus did, weep openly with others when that’s appropriate. Let your feelings be real; do not mask or fake an emotional response in the presence of others “feeling” with hurting others may be difficult if this isn’t your practice.

Chapter 29

Jesus Felt Hunger While Moving Through Life

Matt. 4:1-2- Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil. And when he had fasted forty days and forty nights, he was afterward an hungred.

Matt. 3:17- And lo a voice from heaven, saying, This is my beloved Son, in whom I am well pleased.

A) Satisfying One's Physical Hunger Need

- 1) Some of those among us so-called "work-a-holics" might look at Christ's intense training time and His failure to eat solid food to deny their (or justify) unhealthy behavior of ongoing commitments and over working.
- 2) Christ's not taking time to eat food was just a one time experience rather than ongoing behavior.
- 3) Scripture doesn't generously describe whether His activity required much energy during those days. Going without solid food for more than a month, however, depletes one's energy level.
 - a) Yet, we can assume here were plants like dessert cactus fruit from which Christ could get a liquid nourishment to provide some strength.
 - b) Nevertheless, since Jesus had not eaten solid food during the forty days and nights, He felt weak and hungry.
- 4) One sign of physical life is the feeling of hunger to satisfy the feeling of hunger is not sin, but satisfying hunger in unhealthy ways can be sin.
 - a) God had given mankind a common practice of obtaining food by hard work and faith.
 - b) After the devil saw that Jesus was hungry, he severely tempted the God-man to get food by an uncalled-for (out of the order) means.

Unhealthy emotions (affections) defied by direct know commandments.

- ✓ **Gen. 3:6-** And when the woman saw that the tree was good for food, and that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat.
- ✓ **1 Jn. 2:16-** For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world.

B) Angelic Help With Hunger Feelings While Moving Through Life

- 1) Jesus refused to turn the rocks into bread, for He knew this would have been acting from prideful self-assertion and distrust.
 - 2) Such uncalled-for means in satisfying His normal hunger feelings would have denied rather affirmed His Sonship.
 - a) His choice showed us the importance of using God's common practice of hard work and faith to obtain our food, letting other help in time of need, and helping others in their need.
 - b) Jesus refused to act from a prideful self-assertion and His Holy Father honored Him with provisions by angels.
 - 3) Before Jesus came to earth as the God-man, He had authority over angels, God's ministering spirits. Now they were gladly serving Him and ministering to His needs during a time of great weariness from being tempted and weakness from physical hunger.
 - 4) Both good and evil angels hold our attention again after many seasons of almost silence. Estimates say that in the United States alone there are 200,000 witches. Some hotels and conventions hire psychics to entertain guests.
 - 5) Satanism philosophy is promoted by the lyrics of rock music groups. "Black magic and Voodooism have long been in existence, and religious groups, such as Santeria, are seeking approval for animal sacrifices under the guise of freedom of religion.
 - 6) Believing the Bible helps us believe in angels and expect powerful, good angels to accompany us through life experiences under God's guidance.
 "The empire of angels is as vast as God's creation...They crisscross the Old and New Testaments, being mentioned directly or indirectly nearly 300 times...It seems that angels have the ability to change their appearance and shuttle in a flash from the capital glory of heaven to earth and back again...they do not possess physical bodies, although they may take on physical bodies when God appoints them to special tasks.
 - 7) God's ministering spirits CANNOT AND DO NOT indwell us; THEY CANNOT convict us of sin; they do not guide us into truth nor can they empower or change us. We do not pray to or worship angels.
 - 8) While angels have emotions and can speak, they never draw attention to themselves.
 - 9) They were created to give glory to God and to serve Him. They "are privileged, limited, and responsible" to God in all things.
- C) Helping Those Feeling Hunger While Moving Through Life

- 1) There are times when we have the opportunity to provide help for those in need.
 - 2) We try to minister to them as we would like others to minister to us; and we give as unto the Lord, in Jesus' name.
- D) Jesus Christ and Life and Feeling Physical Hunger**
- 1) Because Jesus knew what physical hunger felt like and because He was filled with compassion, He wanted to reach out to those in need.
 - 2) Yet, it's evident from Scripture that Jesus did not personally fill every hungry stomach. He wanted mankind to share His compassion and reach out to each other.
 - 3) Today, every hungry stomach is not filled because a large portion of us Christians do not share compassion with the legitimately hungry.
 - 4) God does not use angels to do what He calls us to do.
 - 5) There are several New Testament references to Christ and feeding the hungry.
 - a) At times His talking about feeding the spiritually hungry.
 - b) Jesus tells His men clearly that when they feed, clothe, or visit the sick or others in need, their activities are never to be done in a prideful self-assertion.
 - 6) This sensible model from Christ is ours for the using.

First, Jesus did not hesitate to make His physical needs known in a discreet way. He spoke about them to friends because He evidently wanted them known.

Second, Jesus did not behave in prideful self-assertion. He used God's common practice of work and faith for food, whether it was for others' hunger or His own hunger.

Third, Jesus asked His Heavenly father to bless His efforts to get food. He did not work independently of God or of others; He worked INTERDEPENDENTLY with them.
- E) Summarizing Out Thoughts n Jesus and Life and Feeling Hunger**
- 1) Like Jesus, you need not hesitate to make your needs known in a discreet way. He didn't pretend all was okay when it was not, and spoke about it to friends.
 - 2) Like Jesus, don't behave in prideful self-assertion. You can use God's common practice of work and faith for food, whether it is for others' hunger or your own.
 - 3) Like Jesus, ask your Heavenly father to bless your efforts to get food. Don't work independently of God or others, work INTERDEPENDENTLY with them.

Chapter 30

Jesus Felt Weary and Thirsty While Moving Through Life

John 4:6- Now Jacob's well was there. Jesus therefore, being wearied with his journey, sat thus on the well: and it was about the sixth hour.

- 1) She (a Samaritan Woman) may have chosen that time (“man”) in order to avoid the village women’s stares and unkind words. Her multiple marriages, plus living with a man outside of marriage, was this woman’s public identity. Her pattern of emotional instability gives one reason to wonder if she had suffered sexual violations as a child.
 - 2) IT IS EVIDENT SHE LIVED UNDER A BURDEN OF SHAME, WHICH JESUS WANTED TO RELEASE HER FROM AND REPLACE WITH ETERNAL LIVING WATER.
 - 3) UNKINDNESS OR DISRESPECT FROM JESUS TO WOMEN (his creation) IS NOT FOUND IN SCRIPTURE.
 - 4) On this hot day, ACCEPTING LOVE AND COMPASSION FLOWED FREELY from Jesus to the woman. To her uneducated mind He PATIENTLY explained the reality of a coming Messiah. Moving from curious to serious interest; she responded to His kind and respectful manner.
- A) Dealing With the Stress of Thirst and Weariness
- 1) Busyness-not necessarily serving-has so taken us over that even young children speak of “being bored” if they aren’t constantly busy.
 - 2) Over half of all women today live as single, yet a large portion of them are parents. Yet, in most cases, single moms have the full responsibility of raising their children. THE FATHER WITHER FORGETS HIS CHILDREN OR SPENDS LITTLE TIME WITH THEM AS HE REINVENTS ANOTHER FAMILY.
 - 3) Like with Jesus and the Samaritan woman, we feel weary and thirsty because of busyness.
- B) The Reality of Moving Through Life With a Thirsty, Weary Busyness
- 1) Often I forget about Christ’s model of taking His disciples to a quiet place to rest. Some get so involved with serving others and making a living, hurrying here and there, that busyness overwhelms them. Cf Mark 6:30-32)
 - ✓ **Mark 6:30-32-** And the apostles gathered themselves together unto Jesus, and told him all things, both what they had done, and what they had taught. And he said unto them, Come ye yourselves apart into a desert place, and rest a while: for there were many coming and going,

and they had no leisure so much as to eat. And they departed into a desert place by ship privately.

- 2) Without recognizing it some allow “hurry sickness” to overtake them. They find themselves in a cycle of “go, go, go,” without the inner (calmness of) strength (Holy Spirits “still small voice”) to stop. They over commit, neglect time for family, and forget that their self-worth doesn’t rest on busyness.
 - 3) When we’ve been taken over by hurry sickness, an anticipation of getting some reward replaces the original enjoyment for responsibilities or serving.
 - 4) That is when we are faced with the desperate need to replace out thirsty weariness with planned relaxation and rest. Since Jesus saw the importance of taking time away from His busy life for rest, we can do so also and without false guilt.
 - 5) Many times a hurry sickness is preceded by the ADDICTION of “DOING FOR OTHERS.”
 - 6) Addictions are not just alcohol or drug-related; they are work, people, and loss related. We might describe addiction as SOMETHING OR SOMEONE WE HAVE ALLOWED to become number one in our lives, rather than Jesus Christ.
 - a) By this I mean that we give more MENTAL, EMOTIONAL, and SPIRITUAL space to the SOMEONE or SOMETHING than we give to the Lord.
 - b) When we fail to keep a balance in our work hours, church activities, relationships, and family commitments, BUSYNESS RATHER THAN THE HOLY SPIRIT will control us.
 - 7) Each of us know people who are hard to deal with, create splitting headaches, and cause upset stomachs.
 - a) We must interact with them at work, church, parties, and home.
 - b) But when we suffer from hurry sickness or addiction, we also relate to others from a thirsty weariness, causing THEM AND US emotional harm.
- C) One Example of Moving Through Life with a Thirsty, Weary Busyness
- 1) Some grow up in a home with legalistic thinking and acting parents.
 - 2) Some parents are cordial and friendly to strangers and employees. But often are very harsh at home. Their anger level is ALWAYS high, and children never know how to AVOID causing an explosion.
 - 3) Children believe they seem to have the knack of saying the wrong thing at the wrong time, ABUSIVELY bringing wrath down upon their innocent little bodies.

- 4) At times they hide where it seems safe, hoping to escape verbal and physical abuse for a few hours. No one seems to minister to them in their physical and emotional pain of shame.
 - 5) In reality, many have turned to busyness trying to gain mental and emotional sanity. They take on a pattern of overwork, trying to prove to others that they are good enough. They consistently overwork, spending long hours each week for which they aren't paid.
 - 6) In addition, some enroll in several classes at the local college each semester and are never satisfied with "subperfect" work. This keeps their minds occupied and provides a good reason for not being available to fellowship.
 - 7) These days functional parental relationships and another reason why many have such a difficult time trusting God or others. Most of the uncalled-for emotional damage forced on them comes from (so-called) "Christians."
 - 8) They should be encouraged to slow down, let go of overwork, and let go of a thirsty weariness
- D) .Jesus Christ and Feeling Weary and Thirsty
- 1) Scripture shows that the God-man felt weary and thirsty while moving through life. Just as He was Deity. He was also Humanity.
 - a) He has the same needs as you and I to eat, work, pray, drink, and sleep.
 - b) Because of His humanity, He knew what it was to be "weary;" yet His weariness was not of well doing but IN well doing.
 - 2) Christ did not live in a "Phantom" body that could not feel pain. His bodily suffering was real. That's why He can and does "feel" with us in our weary and thirsty times.
 - 3) Jesus honored His need for physical rest and fresh water, but those needs didn't keep Him from reaching out in agapé love and receiving the shame-burdened. In answering that driving motivation, He actually met His feelings of tiredness and THIRST. Christ's concern for physical weariness and thirst was balanced with His concern for spiritual weariness and thirst.
 - 4) Christ showed us how to reach out through a healthy and practical model that is ours to use and benefit from. **First**, Jesus did not deny His physical needs. He acknowledged those needs to Himself, CHOOSING TO REST AND ASK FOR WATER. **Second**, Jesus did not put his PHYSICAL NEEDS before others' spiritual needs. He kept a HEALTHY BALANCE

between the two, meeting His needs AS WELL AS THOSE OF OTHERS.

Third, Jesus DID NOT TRY TO HIDE HIS TRUE SELF-IDENTITY, HE WILLINGLY risked sharing that info even with His enemies.

E) Summarizing Our Thoughts on Jesus and Feeling Thirsty and Weary

- 1) Like Jesus, do not deny your physical needs. Acknowledge them to yourself and choose to meet them with honor like Jesus did.
- 2) Like Jesus, do not put your physical needs before others' spiritual needs. Keep a healthy balance between the two, meeting personal needs as well as those of others.
- 3) Like Jesus, don't try to hide your true spiritual self-identity. Willingly risk sharing that information with others, even your enemies when the opportunity comes.
- 4) As you discover and connect with Jesus' responses. He will SATISFY BOTH SPIRITUAL AND PHYSICAL NEEDS.

ONE FINAL WORD

- 1) We can walk through the diversities of life like Jesus did when we discover and connect with His emotions and draw from His power, knowing that He understands what we are going through.
- * 2) Christ's perfect personality comes from a balances mental, physical, spiritual, and emotional wholeness. This "WHOLE CHRIST" is who we're to model, imitate, and internalize within.
 - a) For a mental balance we're to take on the "MIND OF CHRIST."
 - b) For a physical balance we're to respectfully care for our Body as a "temple of the Holy Spirit."
 - c) For a spiritual balance we're to "become conformed to the image of Christ."
 - d) For an emotional balance we're to "connect with the emotions of Jesus."
- 3) All four areas interact with each other. We cannot neglect even one, if we want to live healthy, productive, and balances lives.
- 4) Those who want to experience WHOLE emotions rather than TOXIC emotions must begin to discover and connect with Jesus Christ's emotions. Cf. (Luke 2:52 / Romans 2:5 / II Corinthians 6:14-18; 3:18 / Colossians 1:15)


MENTAL BALANCE * a) **Luke 2:52**-And Jesus increased in wisdom and stature, and in favour with God and man.

PHYSICAL BALANCE * b) ? **Romans 2:5**-But after thy hardness and impenitent heart treasurest up unto thyself wrath against the day of wrath and revelation of the righteous judgment of God;

SPIRITUAL BALANCE * c) **II Corinthians 6:14-18**-Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness? And what concord hath Christ with Belial? or what part hath he that believeth with an infidel? And what agreement hath the temple of God with idols? for ye are the temple of the living God; as God hath said, I will dwell in them, and walk in them; and I will be their God, and they shall be my people. Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you, And will be a Father unto you, and ye shall be my sons and daughters, saith the Lord Almighty.

II Corinthians 3:18- But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord.

EMOTIONAL BALANCE * d) **Colossians 1:15**-Who is the image of the invisible God, the firstborn of every creature: (moral attributes)



HOLINESS
GOODNESS
LOVE
MERCY
GRACE
BENEVOLENCE
TRUTH