

THE EMOTIONS OF JESUS

What the BIBLE Teaches Us About Our Own Feelings
Through the Life of Christ

Definition of Emotion

- An Emotion is a Complex Psychological State that Involves Three Distinct Components:

Subjective Experience

Psychological Response

Behavioral or Expressive Response.

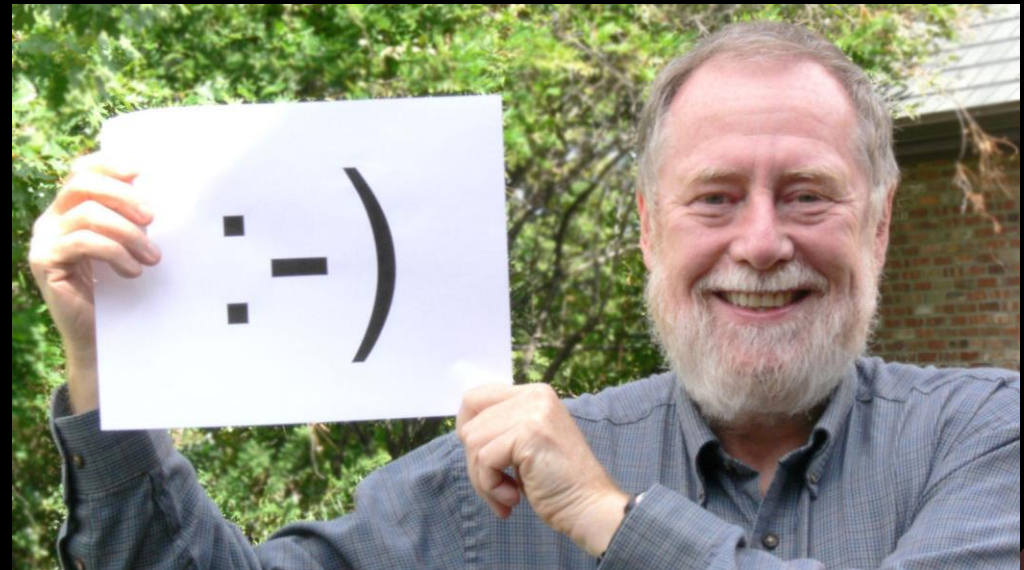
- A Strong Feeling Deriving from One's Circumstances, Mood, or Relationships with Others.
-



History of Emoticons

- First Substantiated Use
- Scott E Fahlman - Sept 19, 1982

American Computer Scientist that suggested that written communications by his students needed to express emotion so he required the use of :-) to be used to express humor and :- (to be used to express serious comments



History of Emoticons

- But Upon Further Review.....
- The First Emoticon May Have Appeared in 1648
- Levi Stahl of the Univ of Chicago Press noticed something in a Robert Herrick poem “To Fortune”

ROBERT HERRICK

TO FORTUNE

Tumble me down, and I will sit
Upon my ruines (smiling yet :)
Teare me to tatters ; yet I 'le be
Patient in my necessitie.
Laugh at my scraps of cloaths, and shun
Me, as a fear'd infection :
Yet scarre-crow-like I 'le walk, as one,
Neglecting thy derision.



History of Emoticons

- Another Interesting Potential Earlier Use....
- Abraham Lincoln used a peculiar “wink” symbol in a speech in 1862.
- Experts say it would be difficult for the way the Linotype machine of the day had to assembled making it hard to accidentally add extra characters and spaces
- “..but it is also true that there is no precedent for your being here yourselves, (applause and laughter ;) and I offer, in justification of myself and you, that I have found nothing in the Constitution against.”



Emotional Rant? – Who Me???


- SIU Basketball Coach – Barry Hinson



- <https://youtu.be/kOzHZgWLjrM>
 - Communication (3 Pieces)
 - Actual Words Spoken (7%)
 - Tone of Voice (38%)
 - Body Language (55%)
 - 93% of All Communication is Non-Verbal (We Really Do Wear Our Emotions on Our Sleeves)
-

What is Emotional Intelligence?

- The capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically.
 - Emotional intelligence is the key to both personal and professional success.
 - 90% of the top performers in the workplace have high emotional intelligence. The more people can understand their own thoughts, feelings and emotions the more than can understand someone else's.
-

A photograph of a tree-lined path, likely the Avenue of the Giants in California. The path is paved and stretches into the distance, flanked by massive, ancient-looking trees with thick, gnarled trunks. Sunlight filters through the dense canopy of green leaves, creating a dappled light effect on the path and the surrounding grass. The overall mood is serene and majestic.

IT'S NOT WHAT
HAPPENS TO YOU,
BUT HOW YOU
REACT TO IT THAT
MATTERS - EPICTETUS

EMOTIONS IN THE BIBLE

According to the curators of the Brigham Young University exhibition titled “Jesus Wept: Emotions in the Scriptures...”

127 emotion words and their various conjugations appear 9,685 times across a total of 7,238 verses

How Should We Express Our Emotions to the Lord?

Philippians 4:6-7

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding will guard your hearts and your minds in Christ Jesus.”

2 Corinthians 10:5

“We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”



A dramatic photograph of a figure, presumably Jesus Christ, standing in water with arms raised in a gesture of triumph or blessing. The figure is wearing a long, flowing, light-colored robe. The water is splashing around the figure, and the background is a bright, hazy sky. The image is framed by dark, diagonal borders in the top-left and bottom-right corners.

JESUS CHRIST

Fully Devine – Colossians 1:15-20

Fully Human – Hebrews 4:15-16

What Does it Mean to be BOTH?

- Fully Devine – Colossians 1:15-20
- Vs 15: - The Son IS the image of God – Son of GOD
- Vs 16: - in Him all things were created...all things have been created through him and for Him
- Vs 17: - He is before all things, and in Him all things hold together
- Vs 18: - He is the head of the body, the church, he is the beginning and the firstborn from among the dead, so that in everything he might have supremacy
- Vs 19: - for God was pleased to have all His fullness dwell in Him
- Vs 20: - and through Him to reconcile to Himself all things whether things on earth or things in Heaven...
- 1 Peter 2:22 – He committed no sin, and no deceit was found in His mouth.
- John 1:1 – In the beginning was the Word, and the Word was with God, and the Word was God.

- Fully Human – Hebrews 4:15-16
 - Created IN the image of God – Son of MAN – Luke 19:10
 - Grew up as a child – Luke 2:52 – grew in wisdom / stature / favor with God & man
 - Worked as a carpenter most of his adult life – Mark 6:3
 - He was hungry / thirsty / tired / felt joy / sorrow & pain
 - Hebrews 14:15: - Can empathize with our weaknesses. He knows what it is like to be tempted in every way – “just as we are” – “yet he did not sin”
 - Hebrews 14:16 - Approach the throne w/ confidence so that we may receive mercy and find grace to help us in our time of need.
 - Matthew 27:46 – He felt the full impacts of our sin - Jesus cried out in a loud voice, “Eli Eli, lema sabachthani?” (which means) “My God, my God, why have you forsaken me?”
 - John 1:14 – The Word became flesh and made his dwelling among us.
-

Bill Gaultiere – “How to Feel Your Emotions w/ Jesus”

Found 39 Different Emotions that Jesus Experienced in Scriptures

- Anxiety:

Anxious (Luke 22:44)

Afraid (Hebrews 5:7)

Pressured (Luke 12:50)

Troubled (John: 11:33 / 12:27)

Terrified (Mark 14:33)

- Anger:

Angry (Mark 3:5)

Boiling Passion (John 2:17)

Indignant (Mark 10:14)

Stern Displeasure (John 11:33,38)

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- Shame:

Shameful Death (Hebrews 12:2)

Depressed (Mark 14:33)

Forsaken (Mark 15:34)

- Sadness:

Sadness (Luke 19:41)

Grief (Mark 3:5)

Deep Sighs (Mark 8:12)

Deep Distress (Matthew 26:37)

Crushing Grief (Mark 14:34)

Tearful (John 11:35,43)

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- Pain:

Pain when Flogged (Mark 15:15)

Suffering (Luke 24:26 / Hebrews 2:18 / 1 Peter 2:21)

Hungry (Matthew 4:2, 21:18)

Thirsty (John 19:28)

Weary (John 4:6)

- Surprise:

Amazed (Luke 7:9)

Astonished (Mark 14:33)

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- Hope:

Hope (1 Corinthians 13:7, Colossians 1:5)

Curious (Luke 19:5)

- Faith:

Lived by (Galatians 2:21)

- Love:

Genuine (Mark 10:21 / John 11:5, 13:1)

Friendship (John 11:3, 20:2)

Compassion (Matthew 9:36, 14:14, 15:32, 20:34)

Sympathy/Empathy (Hebrews 4:15)

- Joy:

Joyful (Luke 10:21)

Rejoicing (John 11:15)

Glad (John 15:11, 17:13)

Thankful (Matthew 11:25)

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- Peace:

Peace Before Death (John 14:27)

Rest (Matthew 11:28)

Refreshment (Mark 6:31)

Can We Handle Our Emotions Like Jesus?



"Yeah
But..."

How Can We Emulate Jesus's Emotions?

Perhaps the answer is found in a conversation between the Master and the Student in Star Wars: The Empire Strikes Back

- Luke Skywalker.... “You Want the Impossible.”
- Yoda’s Reply.... “Always w/ You What Cannot Be Done. Hear You Nothing of What I Say? You Must Unlearn What You Have Learned... Try Not. Do or Do Not. There is No Try.”
- Luke’s Response... “I Don’t Believe It.”
- Yoda’s Reply.... “That Is Why You Fail.”



Jesus' Version of Same Message (Matt 17:20)



- “Truly I tell you, If you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there,’ and it will move. **NOTHING WILL BE IMPOSSIBLE FOR YOU.**”
- Set Your Eyes on Jesus...Paul tells the church at Corinth that if Christians will gaze upon the Glory of the Lord, “with unveiled faces” we “are transformed into His likeness with ever increasing glory”
2 Corinthians 3:18

HOMEWORK: KEEP A JOURNAL

Document All the Different Emotions that You Have this Week

Keep a Running Count of Them & What Your Response Was (+/-)

Ecclesiastes 1:9 – “What has been will be again, what has been done will be done again; there is nothing new under the sun.”



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HOMEWORK: HOW DID IT GO?

Document All the Different Emotions that You Have this Week

Keep a Running Count of Them & What Your Response Was (+/-)

Ecclesiastes 1:9 – “What has been will be again, what has been done will be done again; there is nothing new under the sun.”



10 Real Life Emotions That Jesus Expressed

based on an article by Cindi McMenamin (author of 16 books) – crosswalk.com

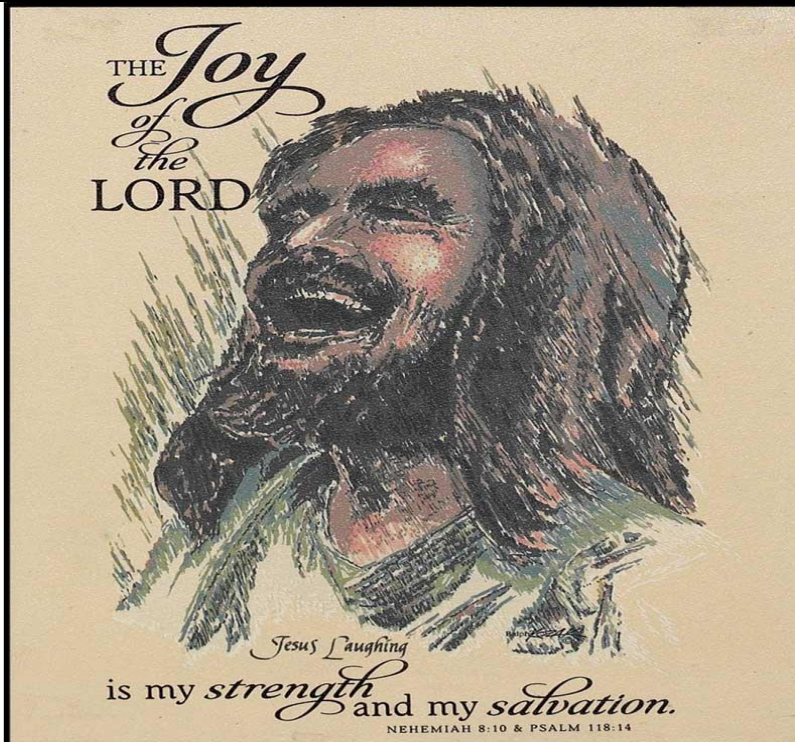
award winning writer / national speaker / helps women strengthen their walk w/ God & their relationships

- JOY
 - EXHAUSTION
 - ANGER
 - DISGUST
 - SORROW
 - COMPASSION
 - FRUSTRATION
 - AGONY
 - EMPATHY
 - FORGIVENESS
-



***When I'm an old lady,
I'll live with each kid,
And bring so much
happiness...just as they did.***

JOY – at pleasing his father



- John 15:10-11 – “I have told you this so that my joy may be in you and that your joy may be complete”
- Jesus is speaking of the Joy that comes from pleasing the father in heaven and from fulfilling his mission on earth
- Hebrews 12:2 – “...For the joy set before him he endured the cross, scorning its shame and sat down at the right hand of the throne of God.”
- Jesus knew the eternal reward of being reunited w/ His Father in Heaven
- So how do we focus on joy despite all the evil and sin of this world?
- Colossians 3:2 – “Set your minds on things above, not on earthly things.”

7 of the Best Ways to Know the Joy of Jesus

from “Counting My Blessings” by Deb Wolf

- 1) God’s Gift
- 2) God’s Forgiveness
- 3) God’s Love
- 4) God’s Word
- 5) God’s Provision
- 6) God’s Plans & Purpose
- 7) God’s Spirit



EXHAUSTION – from the demands of life

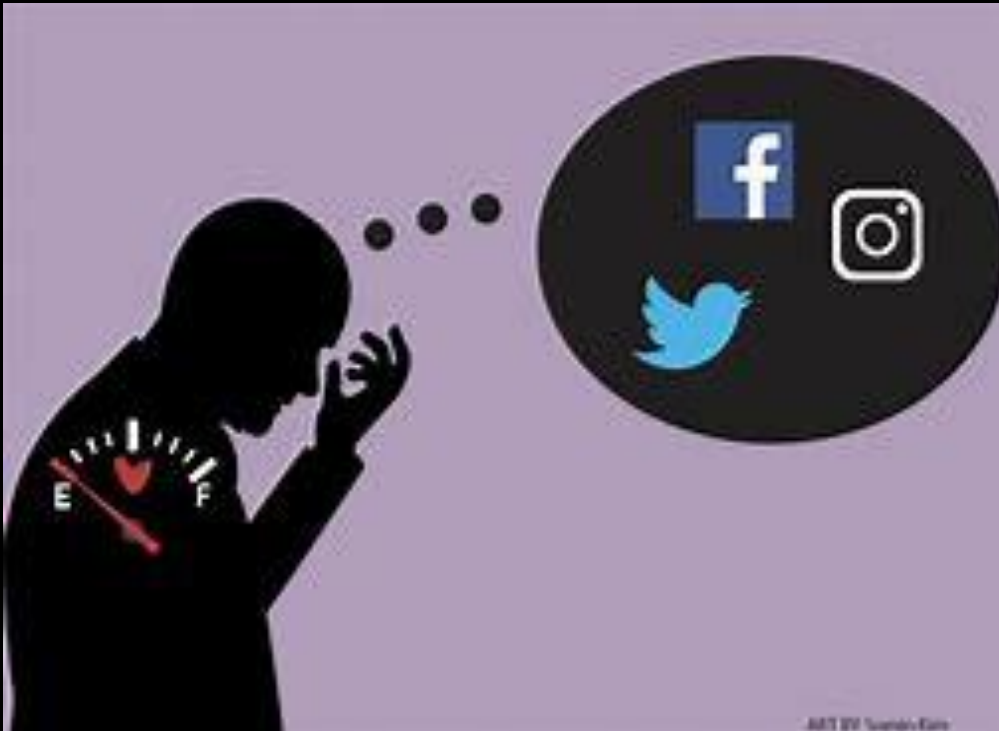
I'M RETIRED

I was tired
YESTERDAY
and I'm tired
again **TODAY**



EXHAUSTION – from the use of social media

WWJP - 6 Ways Jesus Would Engage on Social Media by Frank Powell



- 1) Jesus would engage social media with a purpose, not as a means to pass time
- 2) Jesus would follow, share and retweet a lot of people who aren't Christians
- 3) Jesus would intentionally disengage from social media to engage with the Father
- 4) Jesus would use social media to complement personal relationships, not to replace them
- 5) Jesus would fill his social media profiles with more than Bible verses
- 6) Jesus would NOT post his most intimate moments on social media

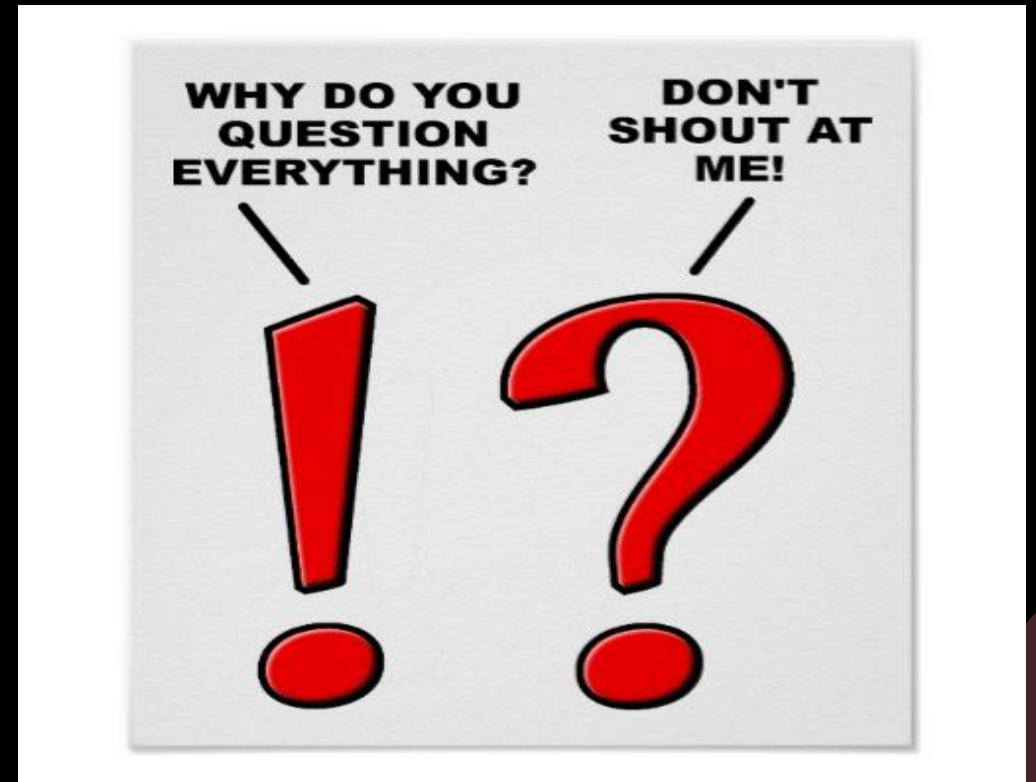
EXHAUSTION – from the demands of ministry

- John 4:6 – “... Jesus , tired as he was from the journey sat down by the well” – Sent the disciples on into town to get food – Meets Samaritan Woman – Talks to her of LIVING WATER.
- Mark 4:37-40 – Jesus was so tired he slept through a storm large enough to scare the devout of fishermen.
- Luke 5:16 – “But Jesus often withdrew to lonely places and prayed.”
- John 6:15 – “Jesus, knowing that they intended to come and make him king by force, withdrew again to a mountain by himself.”
- When you need to get away from people, is it because you're tired of them?
- Or is it because you long to be with Your Father to refuel, refocus, and reprioritize? You can identify with the heart of Jesus when you pull away now and then to rest in and commune quietly with your Heavenly Father.



ANGER – How Can We Read Tone in Scripture?

- The original Hebrew manuscripts were written without vowels or punctuation
- Middle Ages – Masoretes (Hebrew Scribes tasked w/ preserving the original text) produced the Masoretic text.
- Each Word has it's own accent (3 purposes)
- 1) accents indicate which syllable in a word is accented
- 2) accents are a musical notation – indicates how the text is to be chanted
- 3) accents serve as punctuation
- This system is found in the modern printed editions of the Hebrew Bible



ANGER – at the hypocrisy of the religious



- Matthew 7:15 – “Watch out for false prophets. They come to you in sheep’s clothing, but inwardly they are ferocious wolves.”
- Matthew 23:13-38 – (7) Woes on the Teachers of the Law & the Pharisees
- “Hypocrites!” / “Blind Guides!” / “Blind Fools!” / “Blind Men!” / “You Snakes!” / “You Brood of Vipers!” / “How will you escape being condemned to Hell”
- Ephesians 4:26-27 – “In your anger do not sin. Do not let the sun go down while you are still angry, and do not give the devil a foothold.”

DISGUST – at greed, racism, and the oppression of the poor

- Psalms 69:9 – “for zeal for your house consumes me and the insults of those who insult you fall on me.”
- John 2:13-17 – “so he made a whip out of cords, and drove them all from the temple courts... he scattered the coins...and overturned their tables”
- Matthew 21:12-13 – “Jesus entered the temple courts and drove out all who were buying and selling there. He overturned the tables of the money changers and the benches of those selling doves.”
- These are two strikingly similar yet completely different times in Jesus’ ministry. How do we know? - Look @ the context of the scripture
- John 2 – Shortly after his first miracle @ the wedding in Cana
- Matthew 21 – Shortly after his triumphal entry into Jerusalem on the donkey.
- Two seemingly out of character violent events bookend the ministry of Jesus and he responded the same way regardless of timing or circumstance – what should our takeaway from these very descriptive events be?



Anger Resolution: Take a Time Out....



- “Before you criticize someone, you should walk a mile in their shoes. That way when you criticize them, you are a mile away from them and you have their shoes.”
- “Sometimes I think you have to march right in and demand your rights, even if you don’t know what your rights are, or who the person is you’re talking to. Then on the way out, slam the door.”

Anger Resolution: Take a Time Out..part II

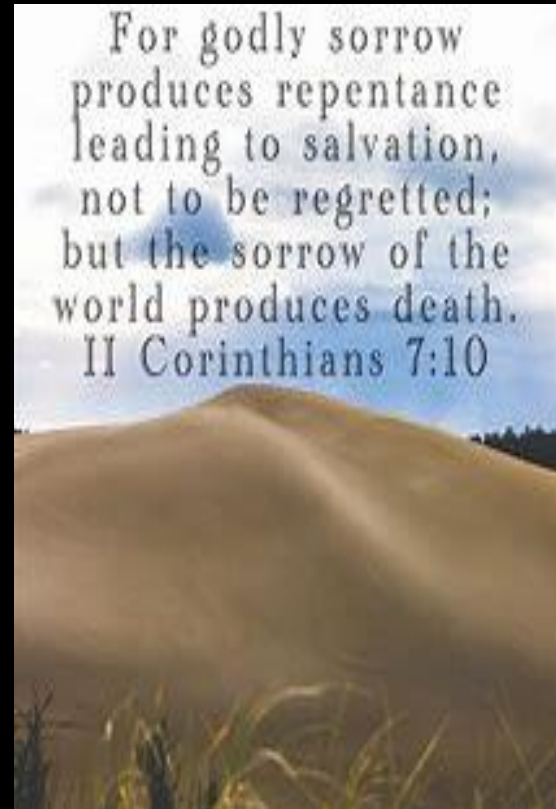
Husbands Please Don't Try This at Home ;)

**THE NEXT TIME YOUR WIFE GETS
ANGRY, PUT A TOWEL ON HER
SHOULDERS LIKE A CAPE AND SAY:
"NOW YOU ARE, SUPER ANGRY!"**

**MAYBE SHE'LL LAUGH,
MAYBE YOU'LL DIE...**

SORROW – Serves a Purpose

- Ecclesiastes 7:3 – “Sorrow/Frustration is better than laughter...”
- “...because a sad face is good for the heart.”
- “...for by the sadness of the countenance the heart is made glad.”
- Bible Dictionary - Sorrow or grief is necessary for discipline, for the development of the finer feelings and higher nature of the soul and spirit.
- 1 Peter 1:6-7 – “In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that the proven genuineness of your faith – of greater worth than gold, which perishes even though refined by fire – may result in praise, glory and honor when Jesus Christ is revealed.”
- 1 Peter 5:10 – “And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.”
- Peter knows this from first-hand experience as Jesus restored him from his pain and suffering after his triple denial of Jesus. Jesus made him “the rock” strong, firm and steadfast to lead the church to become what it is even still today.



SORROW – at the ravages of sin and death



- John 11:32-35 – Death of Lazarus – Jesus was “...deeply moved in spirit and troubled.” & “Jesus Wept.”
 - Jesus saw the ravaging result of sin and He knew better than anyone that death was not a natural part of life, but the most unnatural thing anyone created in the image of God has to experience. It wasn’t God’s perfect plan. And coming face to face with the agony that humans experience from the sting of death moved Him to weep.
 - Psalm 116:15 – “Precious in the sight of the Lord is the death of his faithful servants.”
-

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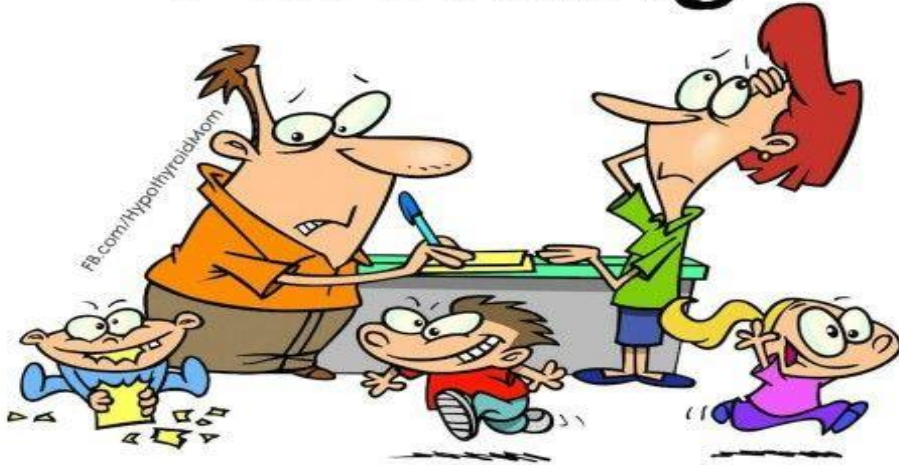
COMPASSION – for the lost and the downtrodden

- Jesus had compassion on those who were suffering
- w/ Physical Ailments (Matt 9:20-22)
- w/ Direct Result of Sin (John 8:1-11)
- What would Jesus write in the dirt in front of each of us?
- Regardless of HOW they got where they were in life.. Jesus saw people as created in the image of God and showed compassion on them even if they rejected him
- Jesus Modeled the Compassion of His Father (Gen 21:14-21) – Hagar’s Prayer for Her Son Ishmael in the Desert
- What Does Jesus ask of us? (Matt 5:44) “But I Tell You, Love Your Enemies and Pray for Those Who Persecute You”.....
- Jesus Modeled this for us (Luke 23:34) “Father Forgive Them for They Do Not Know What They are Doing.”



FRUSTRATION – at life circumstances

Parenting



If you don't feel crazy, then you're not doing it right.

Co-worker: You always look so angry and unapproachable



-DKI-

Me: Yet here you are

imgflip.com

FRUSTRATION – at slow learners and their lack of faith



- John 2:3-5 – Wedding at Cana – Jesus Shows Frustration w/ His Mother
 - Matthew 17:14-20 – Man Brings His Demon Possessed Son to Jesus
 - Mark 4:38-41 – Jesus shows his frustration w/ his own Disciples
 - Mark 10:13-16 – “Indignant” – Defined as a feeling or showing anger or annoyance at what is perceived as unfair treatment.
 - Matt: 26:36-46 – “Couldn’t you Men Keep Watch w/ Me for One Hour?”
-

AGONY – at impending suffering

- When Jesus Sweat Blood and Tears in the Garden of Gethsemane just Before Being Arrested, it Wasn't out of Fear of What was to Come. It was more Agony, Knowing that He Would be Bearing the Sins of the World on His Shoulders, Knowing He Would be Separated from His Father..
 - Hematohidrosis – occurs in individuals suffering from extreme levels of stress. Blood vessels constrict under pressure of great stress
 - He Dreaded What Was to Come.... He Dreaded What Had to Be Done for All Mankind.
 - Despite it All – What was His Reply...
 - Luke 22:42 - “Father if You are Willing, Take this Cup from Me, Yet, not My Will but Yours Be Done”
 - How did the Father Respond... Just like He will for You & Me... vs 43 – “An Angel from Heaven Appeared to Him and Strengthened Him and Being in Anguish He Prayed More Earnestly”
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WHAT IS EMPATHY?

You may already have your own definition of empathy. Lots of people confuse empathy with SYMPATHY. They are not the same things.

Empathy

Feeling the same emotions as the other person.

Sympathy

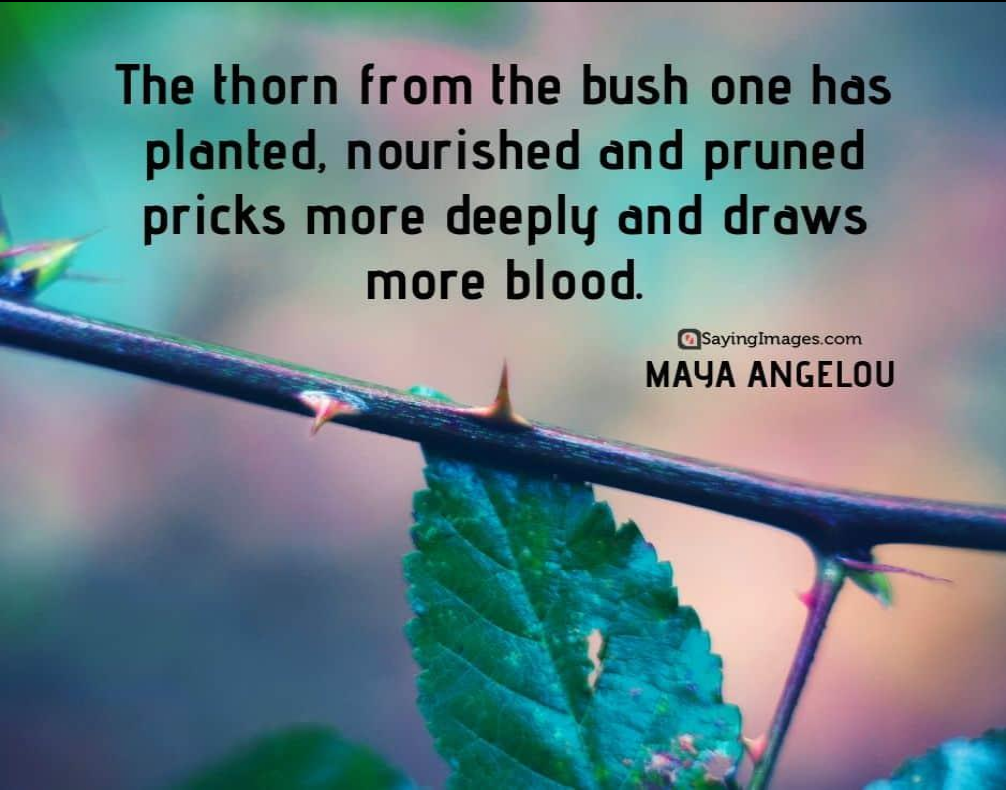
Feeling sorrow or concern for the other person.

EMPATHY – for the pain of others



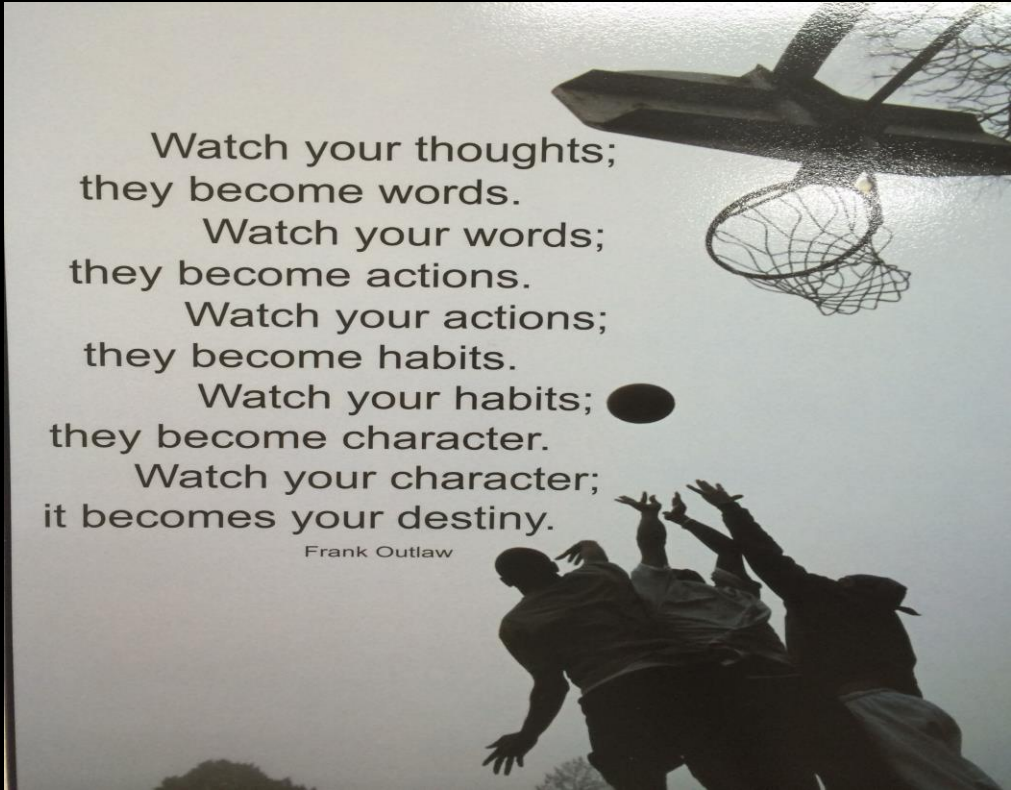
- Hebrews 4:15-16 – Jesus can Empathize w/ our weaknesses because he has been tempted in every way, just as we are – yet he did not sin.
 - There isn't record in the scriptures of Jesus feeling sorry for himself or dwelling on his own personal suffering.
 - When Betrayed by Judas, He didn't try to rouse up support for His side of the story.
 - Instead, Jesus was empathetic toward others and the physical and emotional pain they were experiencing (especially his mother) – John 19:25-27
 - Jesus never minimized anyone's pain, compared it to someone else's, or told someone "don't cry". He hurt along w/ them.
-

BETRAYAL – I just can't forgive...



The thorn from the bush one has
planted, nourished and pruned
pricks more deeply and draws
more blood.

SayingImages.com
MAYA ANGELOU



Watch your thoughts;
they become words.
Watch your words;
they become actions.
Watch your actions;
they become habits.
Watch your habits;
they become character.
Watch your character;
it becomes your destiny.

Frank Outlaw

FORGIVENESS – in the face of betrayal

- What Emotions Do We Express When Someone Betrays Us? How Long Do We Let It Linger?
- How Should We React? Matt 5:38-48
- Prior to Being Arrested, Jesus told His Disciples that ALL of Them Would Turn Their Back on Him. (Matt 26:31)
- Peter's Response – vs 33-35
- Yet They Deserted Him in His Darkest Hour just Hours After They Shared their Last Meal w/ Him
- Jesus's Response – John 21:15-19 – He Shows His Love for Peter 3 Times – “Feed my Sheep”



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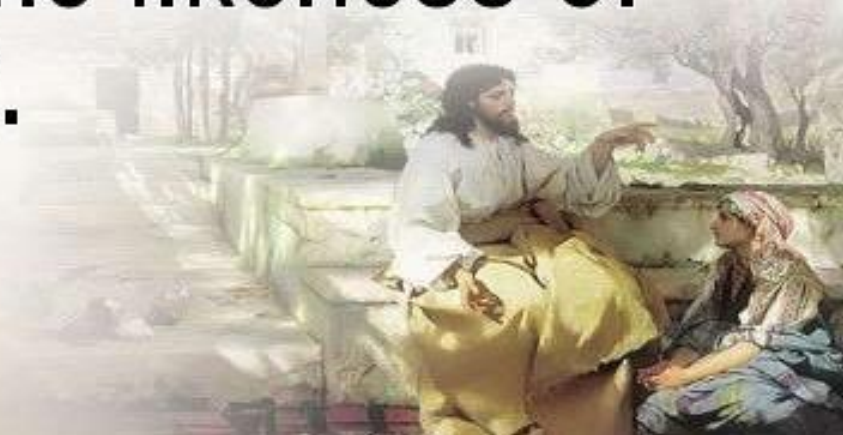
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May our Father in heaven help us all love like
Jesus and live like Jesus.

May our emotions be guided and shaped by our
relationship with Jesus into the likeness of
God's own heart.



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