

Jesus

and emotions



Jesus & Sadness

What do we do with sadness?



What do we do with sadness?

Sometimes we try to stop the sadness



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“grown men don’t cry”



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“grown men don’t cry”

“you cry baby”



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“grown men don’t cry” “don’t be a Debbie downer”

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“there’s no crying in baseball!”



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It's ok to be sad. Jesus = "Man of Sorrows" (Isaiah 53)

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Jesus: "*Blessed are those who mourn...*"



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Jesus: *"Blessed are those who mourn...
...for they shall be comforted (Matthew 5.4)*



We live in a world of suffering.



We live in a world of suffering.

We live in a culture of:

Prosperity

Comfort

Triumphalism





God's Sadness



God's Sadness

the LORD regretted that he had made man on the earth, and he was deeply **grieved**. Genesis 6.6



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he became **weary of** (grieved) Israel's misery...

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in the wilderness and **grieved** him in the desert.

Psalms 78.40



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And don't **grieve** God's Holy Spirit. Ephesians 4.30



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Romans 8.22-23

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Lament:



Lament:

“a prayer in pain that leads to trust”



Lament:

“a prayer in pain that leads to trust”
an important bridge between the gap of a hard life
and trusting God's sovereignty



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² It is better to go to a house of mourning
than to go to a house of feasting,
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Ecclesiastes 7



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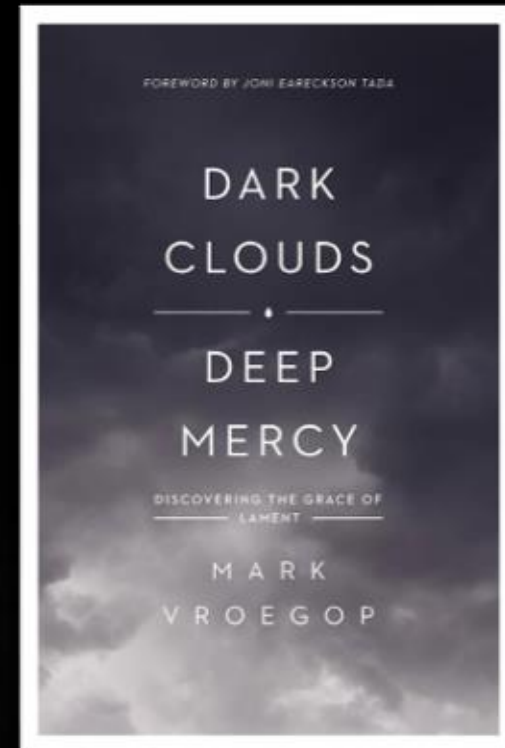


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- ¹³ When Jesus heard about it, he withdrew from there by boat to a remote place to be alone.



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- ³⁵ Immediately his ears were opened, his tongue was loosened, and he began to speak clearly.



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 - *"Grief is the price we pay for love"*



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- Mark 8 – the Pharisees' unbelief
 - ¹¹ The Pharisees came and began to argue with him, demanding of him a sign from heaven to test him.
 - ¹² Sighing deeply in his spirit, he said, "Why does this generation demand a sign? Truly I tell you, no sign will be given to this generation." ¹³ Then he left them, got back into the boat, and went to the other side.



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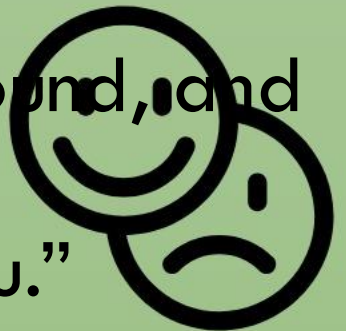
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- ⁴⁴ They will crush you and your children among you to the ground, and they will not leave one stone on another in your midst, because you did not recognize the time when God visited you."



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- Matthew 23 – Jerusalem's rejection of Jesus
- ³⁷ “Jerusalem, Jerusalem, who kills the prophets and stones those who are sent to her. How often I wanted to gather your children together, as a hen gathers her chicks under her wings, but you were not willing!



1. What makes Jesus sad?

- C) The separation, in His death, from the One who loved Him



2. Where does Jesus take His sadness?



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- Jesus grieving in Gethsemane

- Matthew 26.36-46; Mark 14.32-42; Luke 22.39-46



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- *“agony”* (Luke 22.44)



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 - “taking with him Peter and the two sons of Zebedee”
(Matthew 26.37)



2. Where does Jesus take His sadness?

- 2) He opened His soul to them.



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- “He said to them, ‘My soul is very sorrowful, even to death’” (Matthew 26.38)



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- 3) He asked for their intercession and partnership in the battle.



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 - “*Remain here, and watch with me.*” (Matthew 26.38)
 - Weep with those who weep
 - A shared burden is a half burden



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 - “*My Father, if it be possible, let this cup pass from me*” (Matthew 26.39)

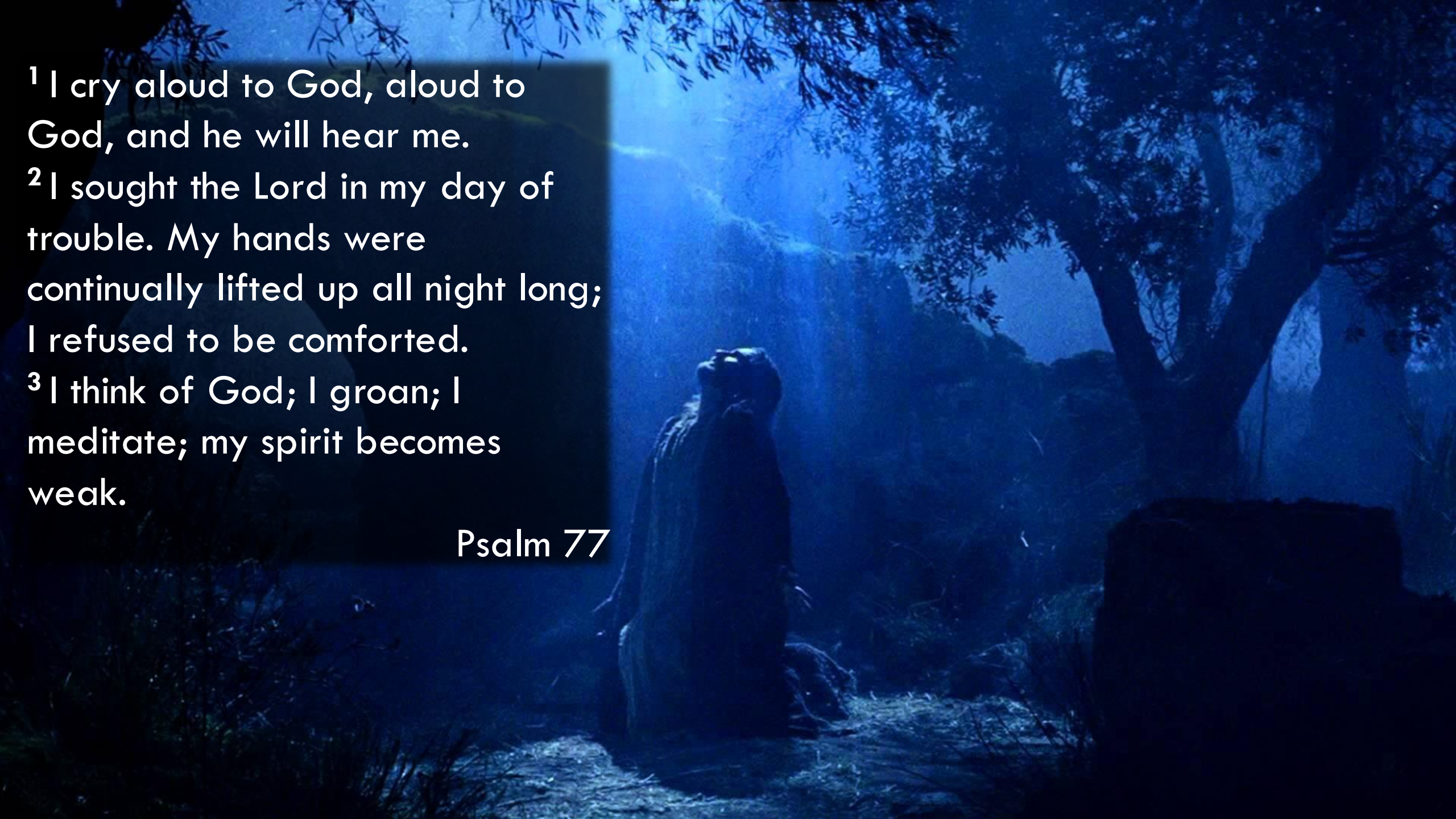


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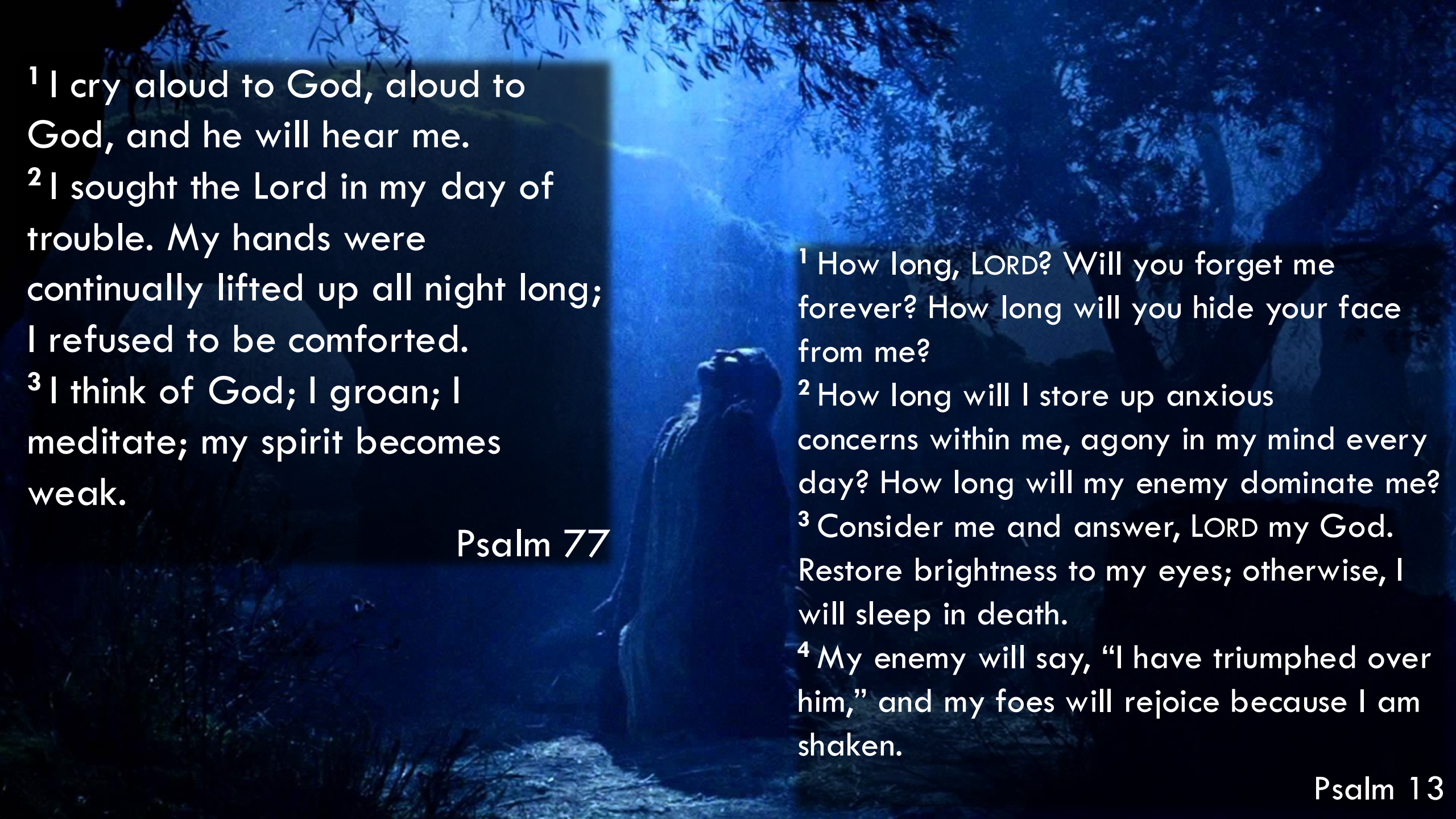
- “My Father, if it be possible, let this cup pass from me” (Matthew 26.39)
- “During his earthly life, he offered prayers and appeals with loud cries and tears to the one who was able to save him from death, and he was heard because of his reverence.” (Hebrews 5.7)



A person wearing a dark, hooded robe is kneeling on the ground in a dark, wooded setting. They are looking upwards with their hands raised in prayer. To the right, there is a large, dark tree with dense foliage. In the foreground, there is a large, dark, rectangular stone or block. The background is dark and misty, with some light filtering through the trees. The overall mood is somber and contemplative.

¹ I cry aloud to God, aloud to
God, and he will hear me.
² I sought the Lord in my day of
trouble. My hands were
continually lifted up all night long;
I refused to be comforted.
³ I think of God; I groan; I
meditate; my spirit becomes
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Psalm 77



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Psalm 77

¹ How long, LORD? Will you forget me
forever? How long will you hide your face
from me?

² How long will I store up anxious
concerns within me, agony in my mind every
day? How long will my enemy dominate me?

³ Consider me and answer, LORD my God.
Restore brightness to my eyes; otherwise, I
will sleep in death.

⁴ My enemy will say, "I have triumphed over
him," and my foes will rejoice because I am
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- *“Nevertheless, not as I will, but as you will”*
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 - “Nevertheless, not as I will, but as you will”
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 - “Nevertheless, not as I will, but as you will”
(Matthew 26.39)
- Lament is a prayer in pain that leads trust
 - Lament stands in the gap between pain and promise



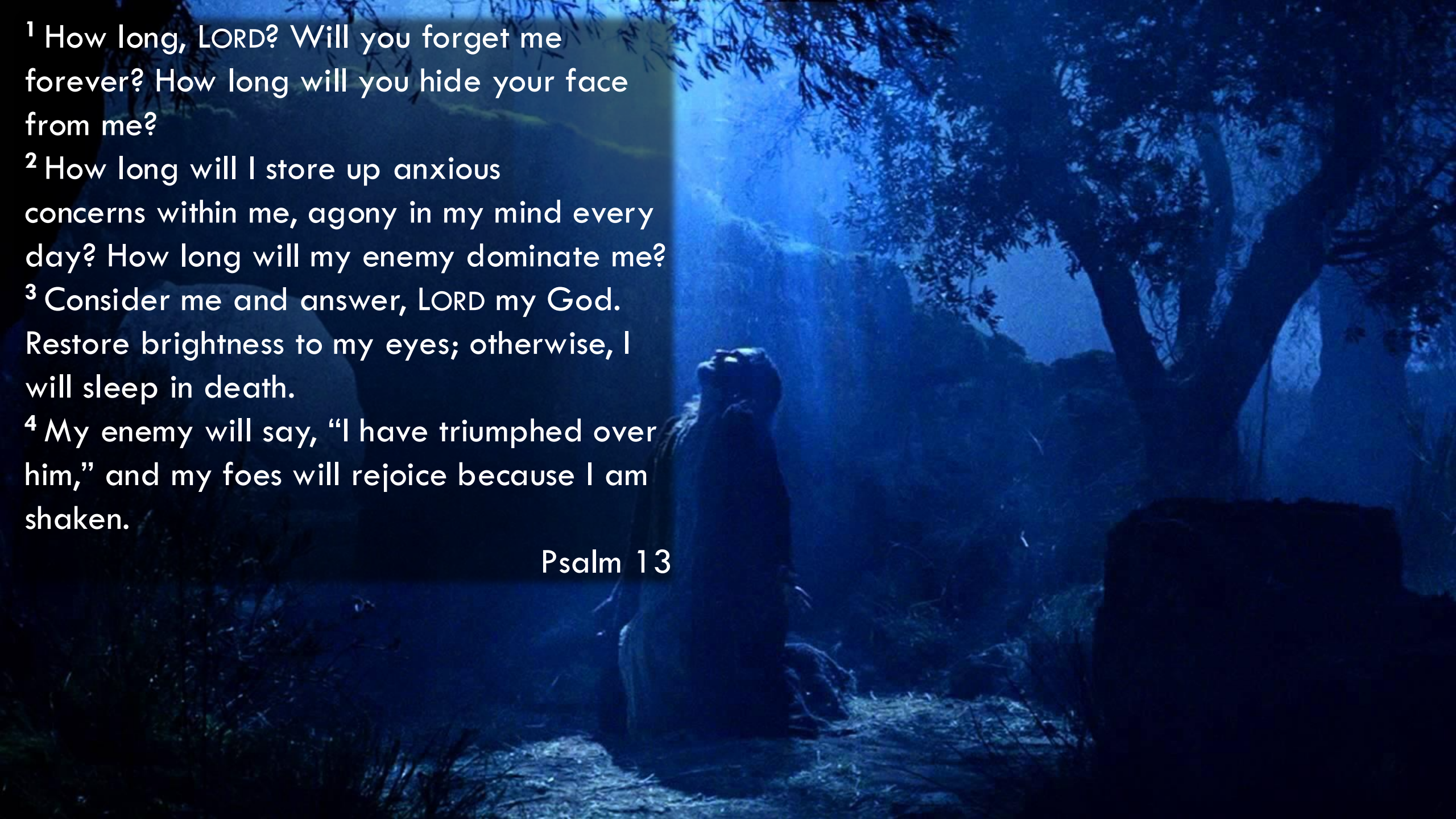
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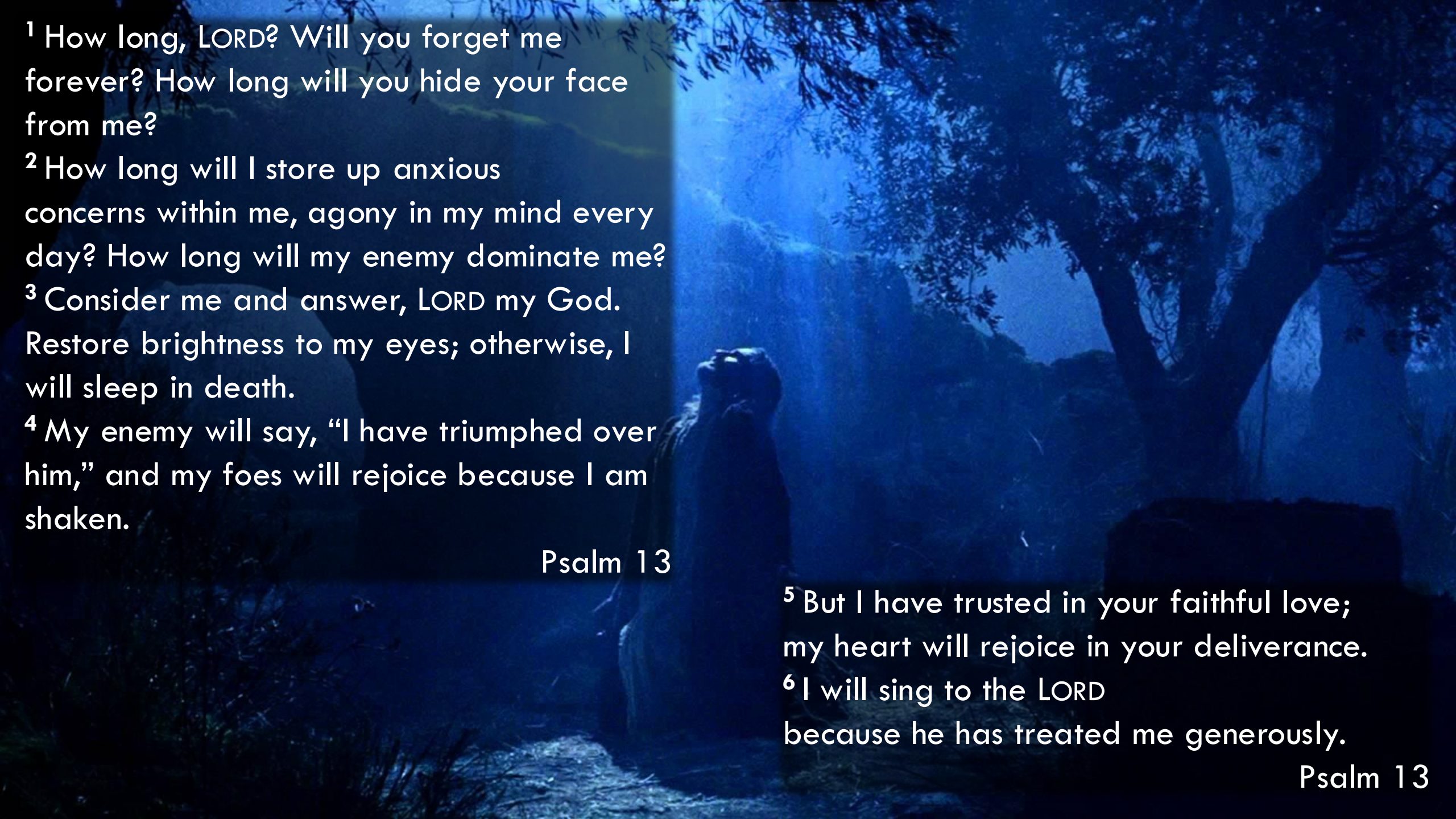
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Psalm 13



A person with long hair, wearing a dark robe, stands in a forest, looking up towards a large, leafy tree. The scene is bathed in a soft, golden light, suggesting a sunrise or sunset. The person's face is partially in shadow, but their gaze is directed upwards with a sense of awe or contemplation. The background shows more trees and foliage, creating a serene and natural setting.

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Psalm 13

⁵ But I have trusted in your faithful love; my heart will rejoice in your deliverance.

⁶ I will sing to the LORD because he has treated me generously.



Keep trusting the God who keeps you trusting.



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- 6) He fixed His eye on the glorious future grace that awaited Him on the other side of the cross.
- *“For the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.”*
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- *“For the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.”*
(Hebrews 12.2)
- Our hope is not in a tearless life but a tearless eternity



3. Why is Jesus' sadness Good News for us?



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3. Why is Jesus' sadness Good News for us?

- A) Because it draws us closer to Him



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- Romans 8.17 and if children, also heirs—heirs of God and coheirs with Christ—if indeed we suffer with him so that we may also be glorified with him



3. Why is Jesus' sadness Good News for us?

- B) Because it gives us the hope of a sorrow-less eternity with Him



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Man of sorrows what a name

Man of sorrows what a name
for the Son of God, who came

Man of sorrows what a name
for the Son of God, who came
ruined sinners to reclaim:

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