

Jesus

and emotions



Jesus & Anxiety



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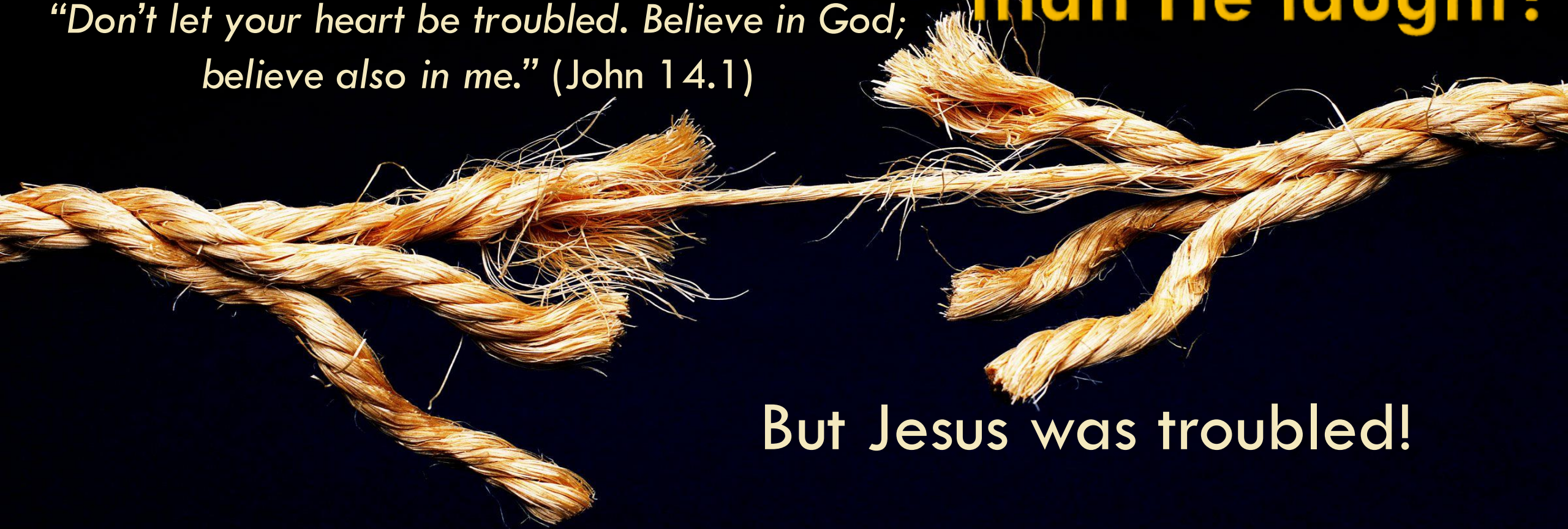


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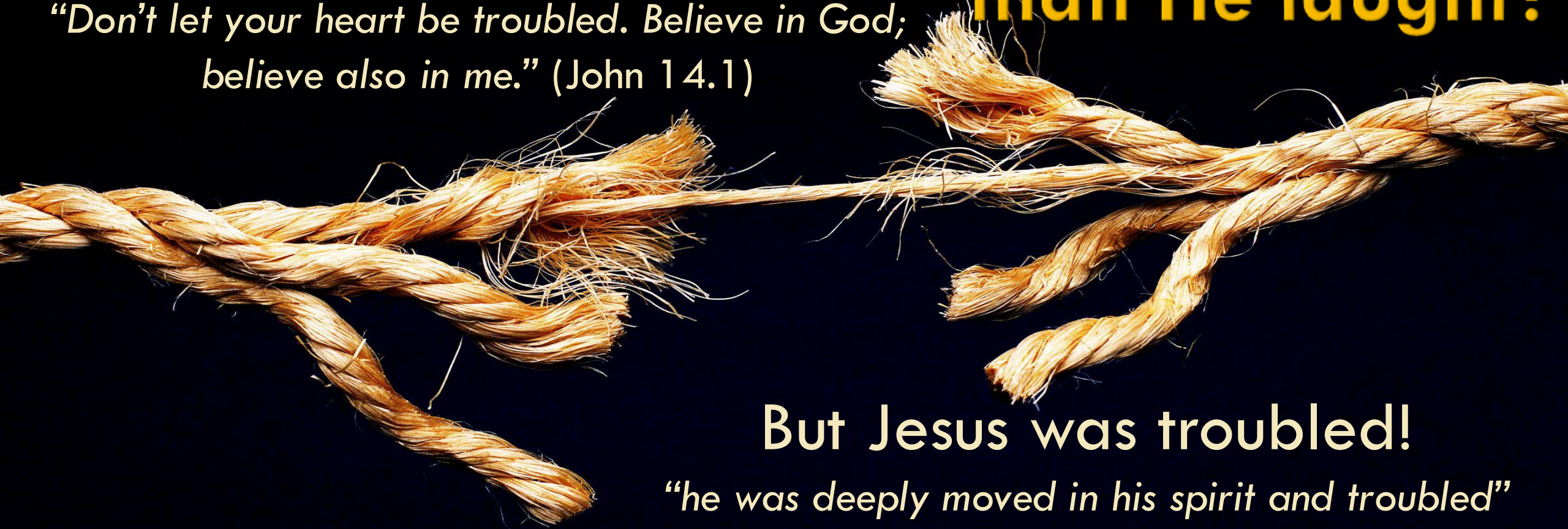
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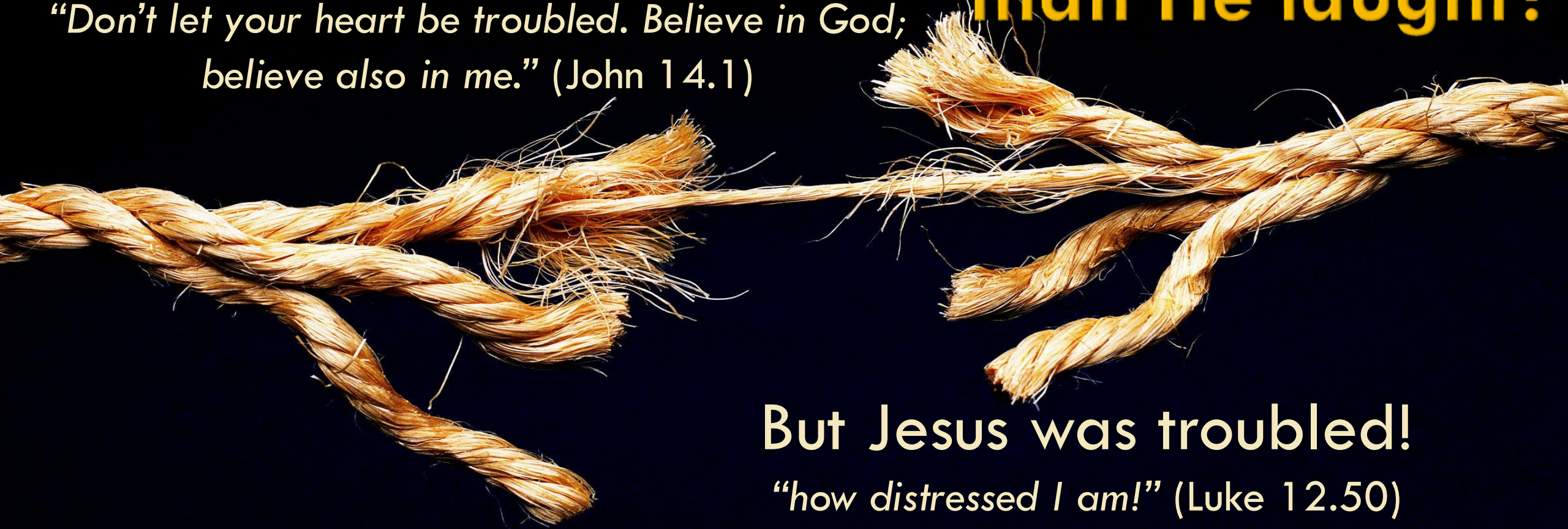
*“he was deeply moved in his spirit and troubled”
(John 11.33)*

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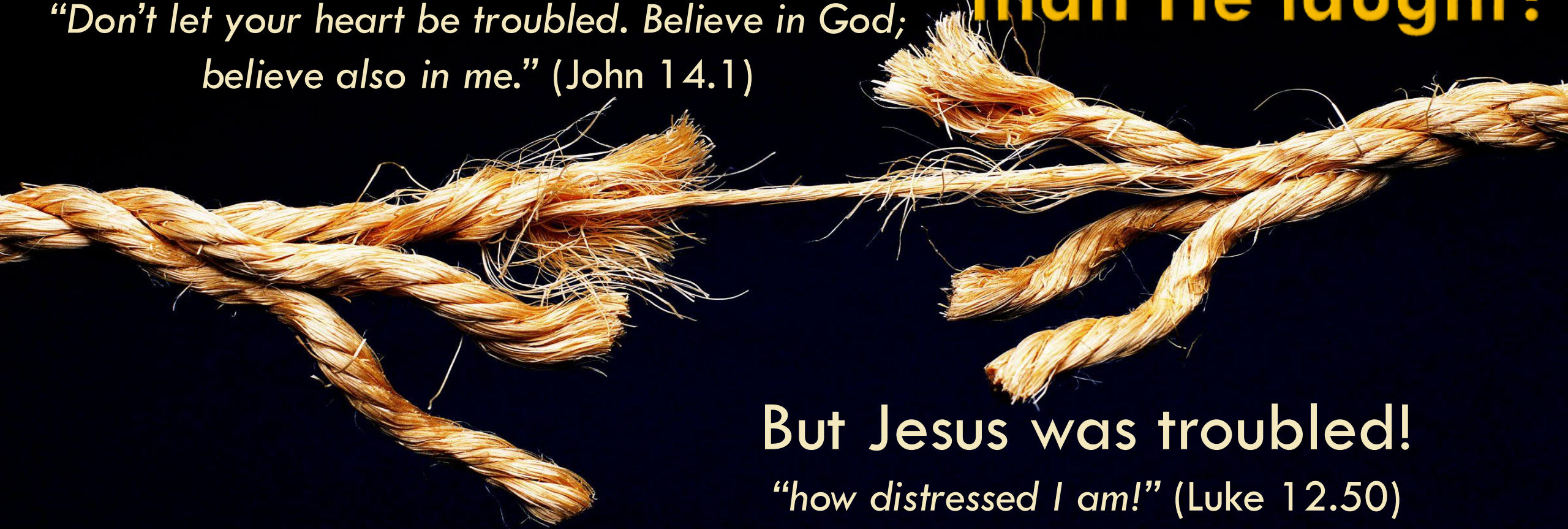
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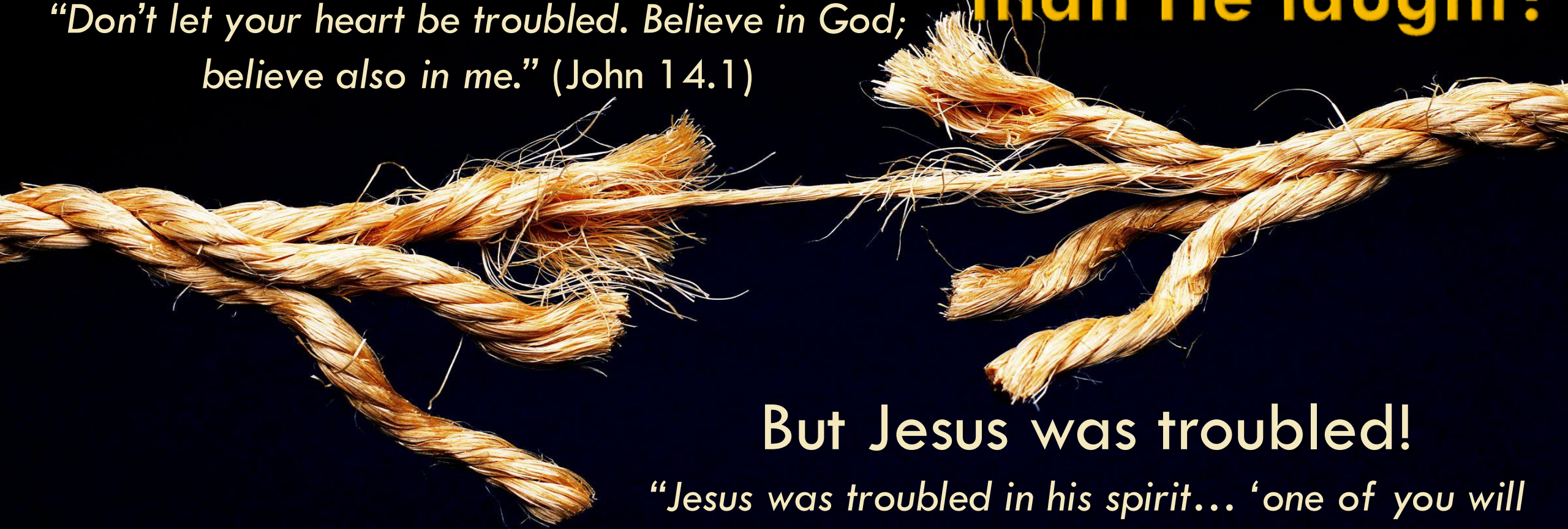
“Now my soul is deeply troubled” (John 12.27)

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betray me.’” (John 13.21)*

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*“being in anguish, he prayed more fervently, and
his sweat became like drops of blood falling to the
ground” (Luke 22.44)*



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an inward commotion*



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calmness of mind taken away*



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disquiet, restless, stirred up*



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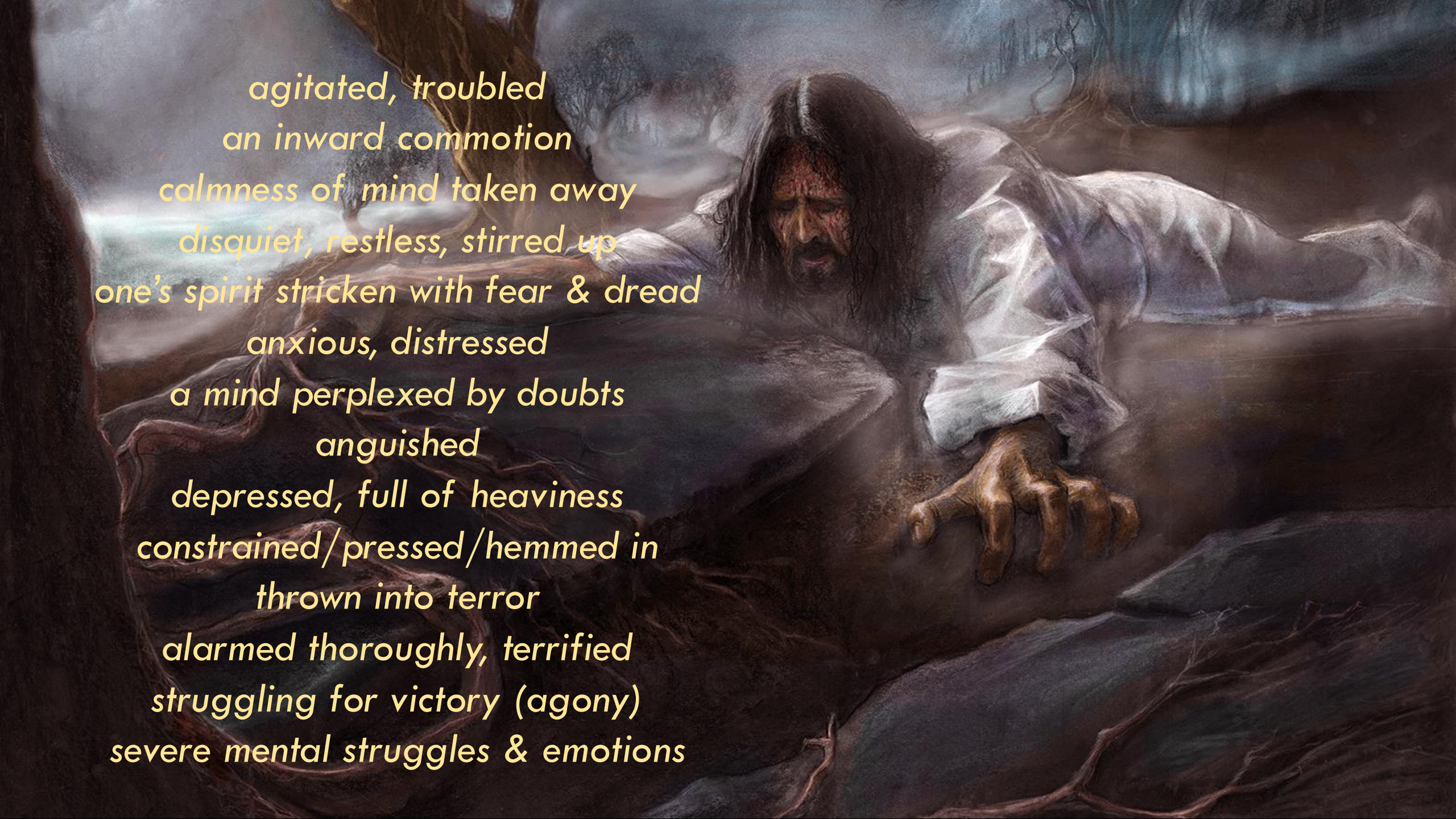
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1. Jesus' Distress



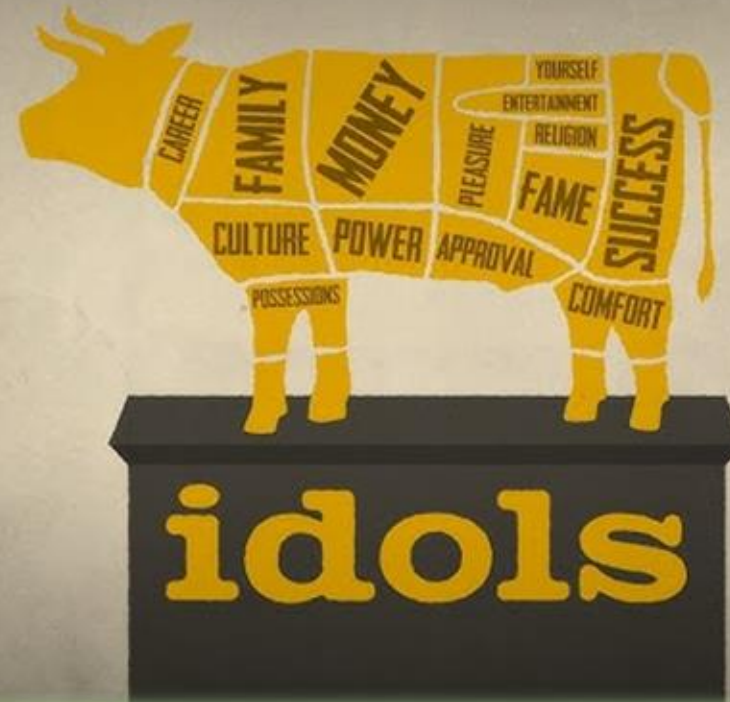
1. Jesus' Distress

- What causes me stress, fear or anxiety?



1. Jesus' Distress

- What causes me stress, fear or anxiety?
 - Often reveals an idol of the heart



1. Jesus' Distress

- Jesus says we should *not* worry about:



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 - Our life (daily needs) (Matthew 6.25)



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 - How the disciples would defend themselves on trial (Luke 12.11)
 - His departure from the disciples (John 14.1, 27)



1. Jesus' Distress

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- 1 Corinthians 12

- ²⁴ God has put the body (of Christ) together...²⁵ that the members would have the same concern for each other.



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- For I have no one else like-minded who will genuinely care about your interests



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- 2 Corinthians 11.28

- there is the daily pressure on me of my anxiety for all the churches



1. Jesus' Distress

- A. What is the cause of Jesus' distress?



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- A. What is the cause of Jesus' distress?
 - Jesus in the Garden of Gethsemane (Matthew 26)
 - Gethsemane = “(olive) oil press”
 - Matthew 26.37
 - *Taking along Peter and the two sons of Zebedee, he began to be sorrowful and troubled*



1. Jesus' Distress

- A. What is the cause of Jesus' distress?
 - To Jesus, the only thing worth fearing is a loss of relationship with the Father



1. Jesus' Distress

- A. What is the cause of Jesus' distress?
 - To Jesus, the only thing worth fearing is a loss of relationship with the Father
 - True hell = complete abandonment by God



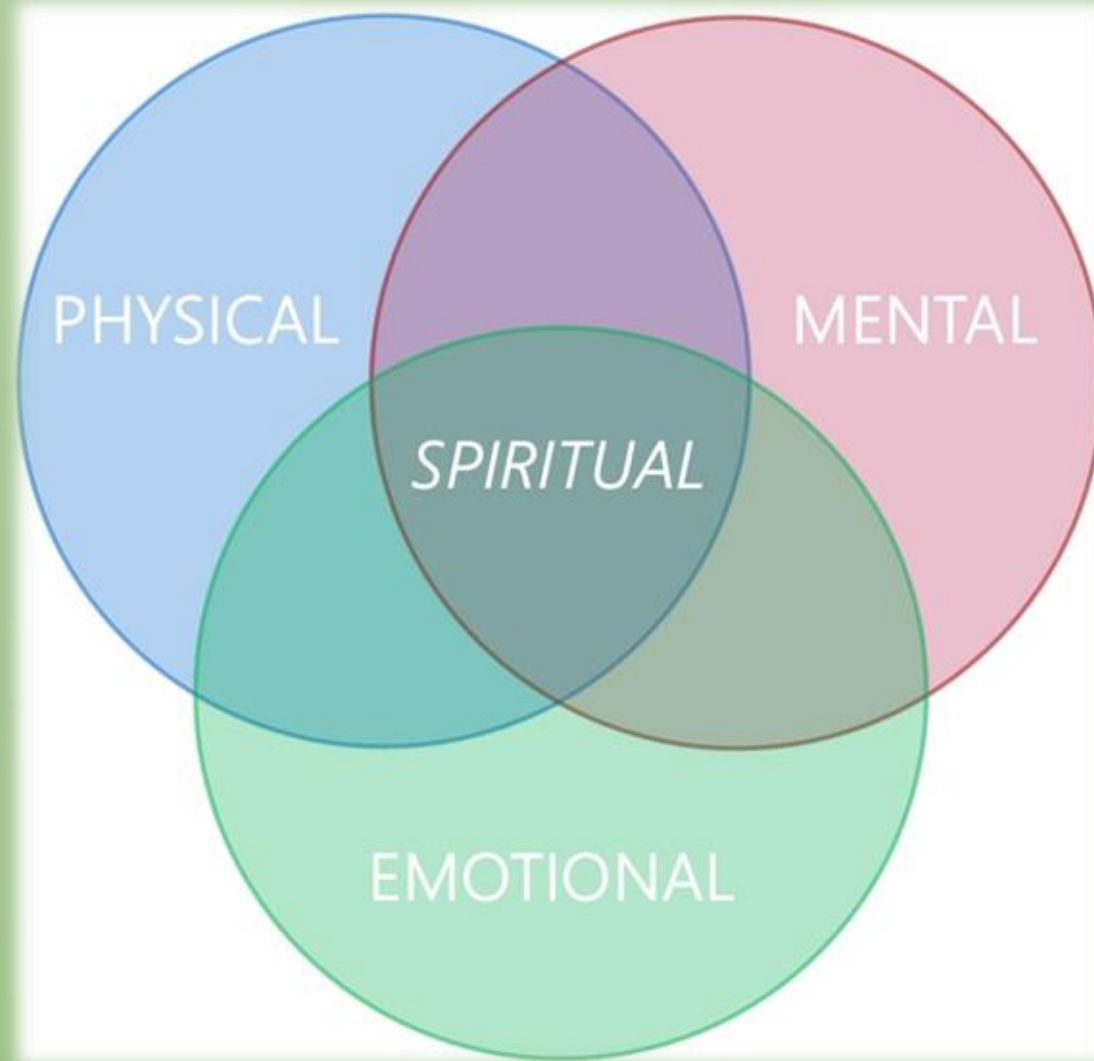
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- Being in anguish, he prayed more fervently, and his sweat became like drops of blood falling to the ground.

- Matthew 26.39

- Going a little farther, he fell facedown and prayed



1. Jesus' Distress

- B. What is the effect of Jesus' distress?
 - He brings Himself to His Father.



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 - Anxious worry tries to control an uncertain future; faithful prayer entrusts an uncertain future to the Father



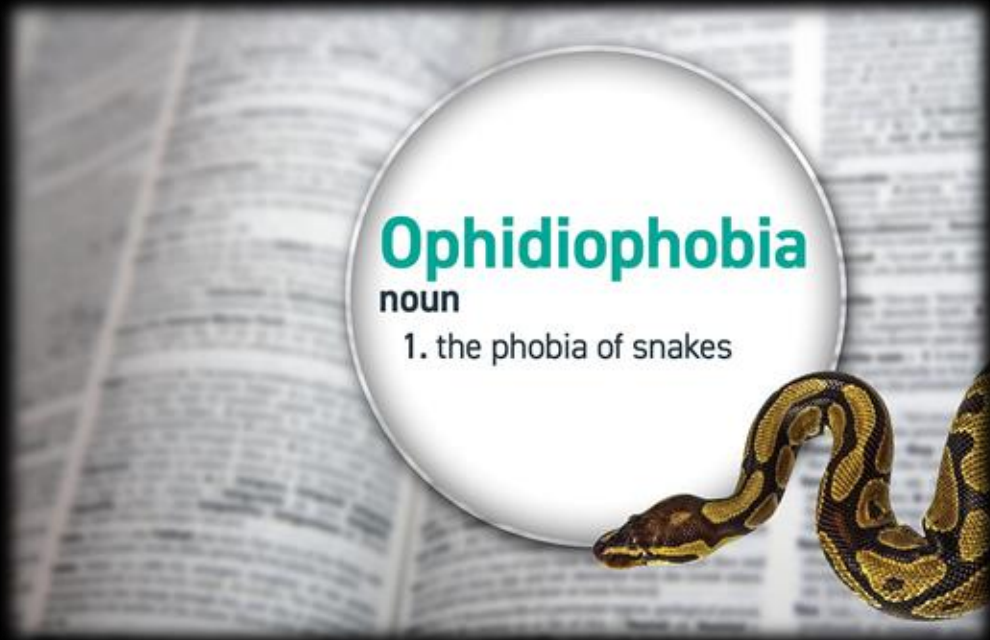
Jesus' emotions were neither
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Psalm 22

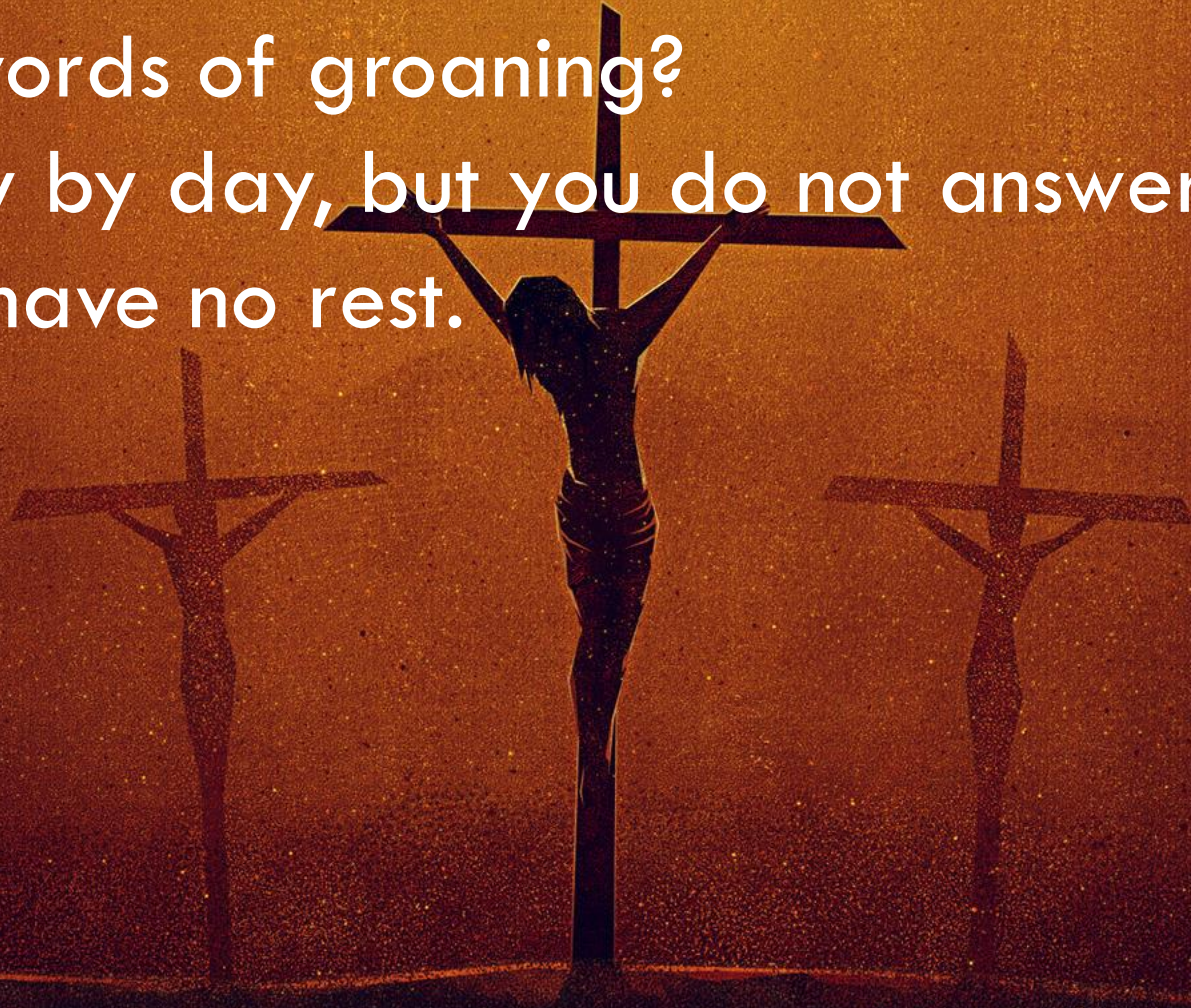
¹ My God, my God, why have you abandoned me?
Why are you so far from my deliverance
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Psalm 22

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⁵ They cried to you and were set free;
they trusted in you and were not disgraced.

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 - Luke 22.43
 - Then an angel from heaven appeared to him, strengthening him.



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- Isaiah 41

- ⁹ I brought you from the ends of the earth and called you from its farthest corners. I said to you:
You are my servant; I have chosen you; I haven't rejected you



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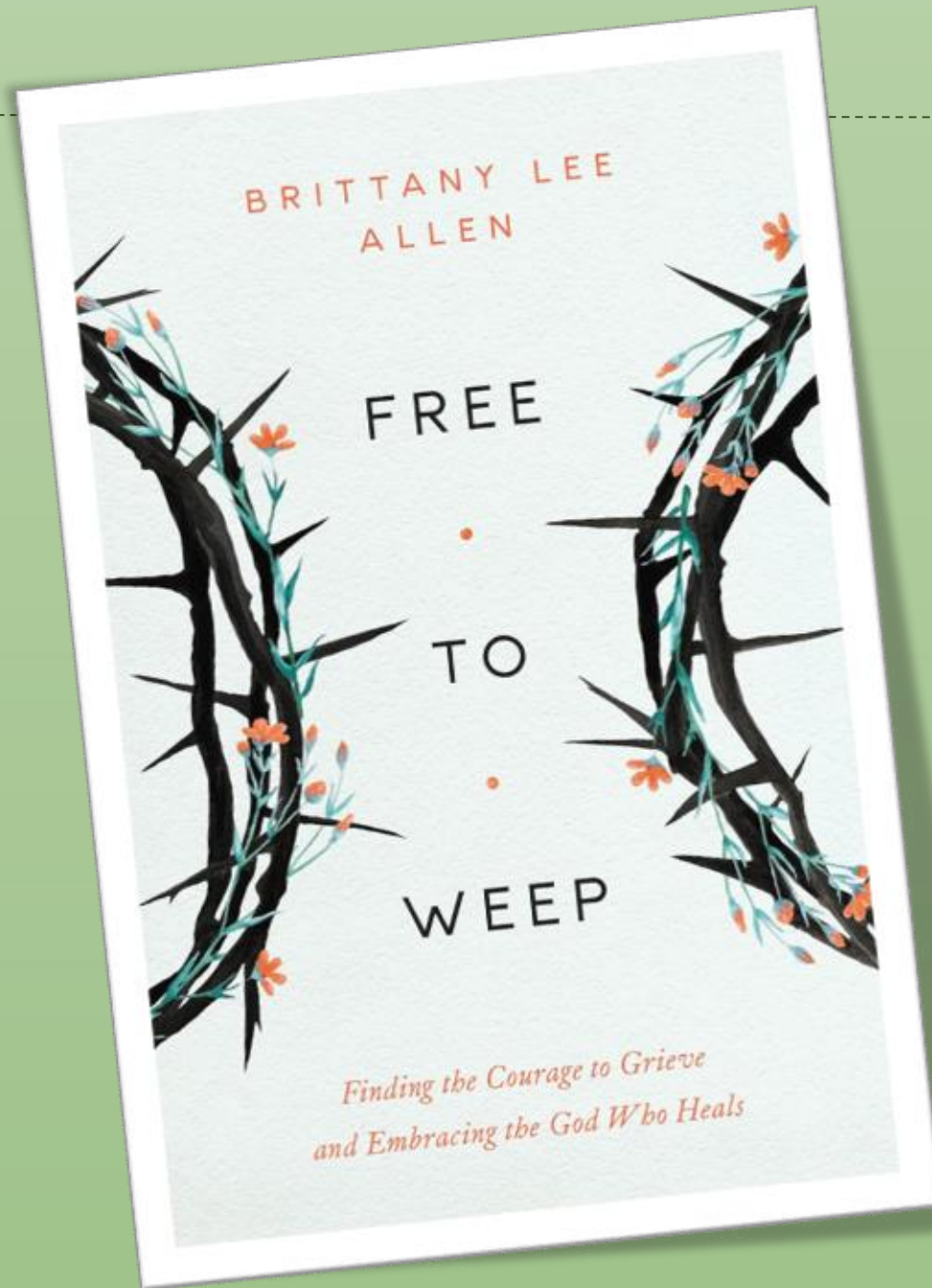
- ¹⁰ Do not fear, for I am with you; do not be afraid, for I am your God. I will strengthen you; I will help you; I will hold on to you with my righteous right hand.



2. Our Distress



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- Three categories of anxiety/depression:
 - 1) Typically worry or sadness
 - 2) Circumstantial
 - 3) Non-circumstantial



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- B. Practice how to respond faithfully in the midst of our struggles



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24 “Therefore, everyone who hears these words of mine and acts on them will be like a wise man who built his house on the rock.



Matthew 7

²⁴ “Therefore, everyone who hears these words of mine and acts on them will be like a wise man who built his house on the rock.

²⁵ The rain fell, the rivers rose, and the winds blew and pounded that house. Yet it didn’t collapse, because its foundation was on the rock.



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²⁶ But everyone who hears these words of mine and doesn’t act on them will be like a foolish man who built his house on the sand.



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²⁷ The rain fell, the rivers rose, the winds blew and pounded that house, and it collapsed. It collapsed with a great crash.”



Matthew 7

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 - Generosity
 - Forgiveness
 - Sabbath rest/worship
 - Living in community



2. Our Distress

- C. When we fail to respond perfectly in our mental health struggles, we have an advocate with the Father whose perfection covers our sin.



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- 1 John 2.1

- My little children, I am writing you these things so that you may not sin. But if anyone does sin, we have an advocate with the Father—Jesus Christ the righteous one.







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- C. When we fail to respond perfectly in our mental health struggles, we have an advocate with the Father whose perfection covers our sin.
 - Philippians 4
 - ⁶ Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God.



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 - **Philippians 4**
 - ⁶ Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God.
 - ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.



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 - 1 Peter 5
 - ⁶ Humble yourselves, therefore, under the mighty hand of God, so that he may exalt you at the proper time,



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- ⁶ Humble yourselves, therefore, under the mighty hand of God, so that he may exalt you at the proper time,

- ⁷ casting all your cares on him, because he cares about you.



