

# Inside Out: Reflecting Christ with my Emotions

## SESSION 3 REFLECTIONS OF HIS GLORY

### 1 2 CORINTHIANS 3:18 (NIV)

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<sup>18</sup>And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.

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### Clearing & Cursing Recap Discussion



1. What stands out to you about Jesus' clearing the temple?
2. What stands out to you about Jesus' cursing the fig tree?
3. What stands out to you about Jesus' comments when the Greeks come to meet him?
4. What do you make of the fact that Jesus CONTINUES to teach "every day" in the temple in spite of how angry he had been at what was going on there? How does this connect with our own indignation about church stuff we don't like?
5. As we are the "temple of the Holy Spirit," what would it mean for your temple to be cleared out and for there to be teaching occurring therein EVERY DAY? How could you facilitate this? In other words, how could *you* become a house of prayer?
6. Jesus says, in John 12, my soul is troubled? Why doesn't his foreknowledge and faith protect him from a troubled soul? How can we apply this to our own troubles?
7. Jesus level of urgency seems to be escalating. What do you notice that he's emphasizing?

## SESSION 3 : ALL THE FEELS

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I'll be honest, I am feeling short on emotional epiphanies as I look at the upcoming section. The teaching Jesus gives in the "Temple Debates" and the "Olivet Discourse" seem more scholarly or judicial than heartfelt. Even the parables that we are about to study can be a little dense if we forget the heart behind them. For that reason, I think it might be a good time to do a bit of an overview of all the emotions that we see Jesus and others expressing during his ministry.

I found a really great article called "[The Emotions of Jesus](#)" by G. Walter Hansen that I am relying heavily on for the next section. I strongly recommend read the whole article if you have a chance.

## THE EMOTIONS

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We are going to organize ourselves into 5 groups, each of which will take one of the emotions below and look at the relevant Scriptures. Use the Scripture study worksheet if it helps you, but you are probably familiar with the gist by this point. We will be talking about HOW Jesus manages emotion. After about 10 minutes, we will come back together and discuss what we found.

For those participating online, feel free to use this exercise to look into some or all of the emotions as time allows.

### **ANGER & INDIGNANCE**

*JESUS:* Mark 1: 40-44; Mark 10: 14-16; Mark 11:17

*OTHERS:* Luke 13: 14; Mt 20: 24; 21:15; Mk 10: 41; Mt 26: 8; Mark 14:4

### **COMPASSION**

Mt 9: 36, 14: 13-14, 15:32, 20:34; Mk 1: 35-42, 6:34, 8:2; Lk 7: 13, 15:20

### **GRIEF**

Jn 11: 33-38, 13: 21; Mt 26:38; Mk 14:33; Lk 22: 44; Is 53:4

### **JOY**

Lk 10:20-21; Jn 15:10-11, 17:11-13

### **LOVE**

Lk 22:15; Mk 10:21; Jn 11:3; Jn 15: 12-13

# SCRIPTURE STUDY WORKSHEET

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## Observation:

1. Being careful not to read emotion into the passage, record the specific words that reveal emotion.

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2. Being careful not to read emotion into the passage, record the actions/ verbs that point to emotion?

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## Interpretation:

3. What can you interpret about Jesus' view of emotion in this passage? Is it clear what is sinful and what is not?

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4. What questions does this passage raise for you about expressions of emotion and God's design?

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## Application:

5. What applications can you draw for your own emotional life?

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