

Inside Out: Reflecting Christ with my Emotions

SESSION 4 ONLY HUMAN?

PHILIPPIANS 2:1-8 NEW INTERNATIONAL VERSION (NIV)

2 Therefore if you have any encouragement from being united with Christ, if any comfort from his love, **if any common sharing in the Spirit**, if any tenderness and compassion, **2** then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. **3** Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, **4** not looking to your own interests but each of you to the interests of the others.

5 In your relationships with one another, have the same mindset as Christ Jesus:

6 Who, **being in very nature^[a] God,**
did not consider equality with God something to be used to his own advantage;

7 rather, he made himself nothing
by **taking the very nature^[b] of a servant,**
being made in human likeness.

8 And being found in appearance as a man,
he humbled himself
by becoming obedient to death—
even death on a cross!



Temple Debates Discussion

Before we begin our discussion today, I want to review the 11 passages from our homework one by one. Keep in mind as we discuss each, that these were among the final teachings that Jesus' delivered before he went to the cross.

- What emotion seems to be motivating Jesus' teaching?
- What seems to be motivating Jesus' responses?
- What are the primary emotions of the disciples, crowds, or the Pharisees?

SESSION 4 : HUMAN AND DIVINE EMOTION

Last week we got into a discussion that has prompted me to do A LOT of thinking about the whole idea of Jesus' divinity and humanity and how those affected his emotions. Even though I keep reminding myself that Jesus' emotional expressions are without sin, the fact is, some how I've got "humanity" and "sin nature" inextricably linked in my mind such that humanity and divinity are kind of opposites. This makes understanding Jesus, which is already pretty difficult, even more incomprehensible.

The fact is, HUMANITY and DIVINITY are not opposites. Not at all. This is just flatly unscriptural, so I thought we should dig our way through some rewiring truth together so we can understand who we really are in Christ.

We are going to do some good old fashioned fill in the blank and see if any of this clicks into place. I will tell you that I am taking most of this collection of ideas from Emily Freeman's book *Grace for the Good Girl* which is brilliant and a must read in my opinion. (If it at all persuades you, I don't really like Christian non-fiction.)

OUR IMAGE

GENESIS 1:27^{NEW INTERNATIONAL VERSION (NIV)}

²⁷ So God created mankind in his own _____,
in the _____ he created them;
male and female he created them.

According to this verse, mankind was created to be like whom? _____

GENESIS 3:4-5^{NEW INTERNATIONAL VERSION (NIV)}

⁴ "You will not certainly die," the serpent said to the woman. ⁵ "For God knows that when you eat from it your eyes will be opened, and _____, knowing good and evil."

Considering what we just read above, is the serpent lying here or not? _____

Explain. _____

Freeman writes in *Grace for the Good Girl*, "Satan was promising something to them that God had already graciously and lovingly provided. Satan convinced them to forget God's gift and try to work for it instead" (112).

THREE PART HUMANITY

We often talk about the physical and the spiritual world, thinking of God as “spirit” and humanity and “flesh.” This is a little bit overly simplistic AND messes up our understanding of emotions. Let’s look at what Scripture REALLY says.

2 CORINTHIANS 3:18^{NEW INTERNATIONAL VERSION (NIV)}

¹⁸And we all, who with unveiled faces contemplate^[a] the Lord’s glory, are being transformed _____ with ever-increasing glory, which comes from the Lord, who is _____.

According to this verse, God is _____.

1 1 THESSALONIANS 5:23^{NEW INTERNATIONAL VERSION (NIV)}

²³May God himself, the God of peace, sanctify you through and through. May your whole _____, _____, _____ be kept blameless at the coming of our Lord Jesus Christ.

How many part of the individual does Paul mention in this passage? _____

Just in case you are tempted to lump the spirit and the soul together, let’s check out another one.

2 HEBREWS 4:12^{NEW INTERNATIONAL VERSION (NIV)}

¹²For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to _____ & _____, joints and marrow; it judges the thoughts and attitudes of the heart.

So, let’s distinguish between these two aspects: soul and spirit, which we sometimes mistakenly use interchangeably to describe the invisible aspects of ourselves.

Freeman talks about the soul, being the joints of the person. Understanding joints, she writes is important to understanding the soul. There are three categories of joints, freely moveable, slightly moveable, and fixed. She correlates these with our emotions, our minds, and our wills, respectively, which all humans have.

Our emotions can be moved easily. Our minds are moveable, but perhaps not as quickly flexible. Our wills are subject to the previous. However, just as joints cannot

function without marrow, our souls are not properly functional with spirit. Unfortunately, due to the fall our spirit (little s) is separated from the Spirit (big S). This is a critical point. When Adam and Eve sinned, they did not physically die. Their souls (emotions, mind, and will) also didn't die. It was their spirits that were TORN from God's Spirit, meaning that eventually, the body and soul would be separated from God eternally. *HIS* Spirit is what God longs to restore to us.

ROMANS 8:10-12 NEW INTERNATIONAL VERSION (NIV)

¹⁰But if Christ is in you, then even though _____ is subject to death because of sin, _____ gives life^[a] because of righteousness. ¹¹And if the _____ of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your _____ because of^[b] his Spirit who lives in you.

¹²Therefore, brothers and sisters, we have an obligation—but it is _____, to live according to it.

GALATIANS 5:25 NEW INTERNATIONAL VERSION (NIV)

²⁵Since we live by _____, let us keep in step with _____.

JOHN 4:23-24 NEW INTERNATIONAL VERSION (NIV)

²³Yet a time is coming and has now come when the true worshipers will worship the Father _____ and in truth, for they are the kind of worshipers the Father seeks. ²⁴God _____, and his worshipers must worship in the _____ and in truth."

Thinking of this last conversation between Jesus and the woman at the well, who persisted in talking about PHYSICAL water, we can see that Jesus priority was to get people to think of SPIRITUAL matters, while all the while they were demanding miracles in their PHYSICAL world. Read John 6:25-59 and see why. Looking at Jesus' words in a purely physical way sounds downright cannibalistic.

So, back to emotions, what difference does this make? Well, for me, this realization really helps me to see that emotions are a function of our souls that can thrive, empowered by the Spirit, or wither, deadened without it. Jesus, human and divine was made in God's image, as we are. And while we are not without sin, we have

access to the same empowering Spirit that raised Jesus Christ from the dead. Let's look back at the Scripture from Philippians on the first page of the study and see what positive and negative emotions are mentioned.

SCRIPTURE STUDY WORKSHEET

Observation:

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

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

Interpretation:

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

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

Application:

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

Week 4 Homework: *Olivet Discourse & Anointing at Bethany (Wed)*

For each of the passages, journal your observations, interpretations and applications. Notice any particular mentions of body, soul, or Spirit, as well.

PASSAGE #1 MATTHEW 24-26:6

Observation:

Interpretation:

Application:

PASSAGE #2 MARK 13-14:10

Observation:

Interpretation:

Application:

PASSAGE #3 LUKE 21:5-38

Observation:

Interpretation:

Application:

PASSAGE # 4 JOHN 12:1-11

Observation:

Interpretation:

Application: