

# Inside Out: Reflecting Christ with my Emotions

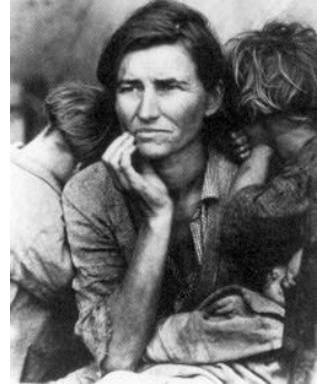
## SESSION 2 HIGH AND LOWS

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### Isaiah 54: 7-8 (NIV)

<sup>7</sup>For a brief moment I abandoned you,  
but with deep compassion I will bring you back.

<sup>8</sup>In a surge of anger  
I hid my face from you for a moment,  
but with everlasting kindness  
I will have compassion on you,"  
says the LORD your Redeemer.



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## Triumphal Entry Recap Discussion

1. What stands out to you from ALL FOUR passages about the triumphal entry?
2. What stands out to you that WAS in only ONE passage? Is there any significance to this author mentioning this detail?
3. Since Jesus KNEW the crowd that praised him would soon reject him, what do you think he felt during his ride to/through Jerusalem? (Hint: Luke 19: 41-44)
4. John points out that the disciples didn't really understand this significance of this day or the fact that Scripture was being fulfilled. How do you think they DID feel? (I know I'm asking you to speculate.)
5. Do you think Jesus was trying to "drum up" or escalate emotion?
6. What else did you notice or take away from reading these four accounts of the same experience?

## SESSION 2 : HIGHS AND LOWS

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It's easy to imagine how jubilant the crowd was greeting Jesus as he rode into Jerusalem on the colt. I can feel the palm branches waving and hear the roar of the crowd shouting "Hosanna." I can even smell the dust and the donkey if I try. The tough thing for me with this passage is figuring out how everyone was feeling because Jesus' emotions are a bit obscured. The disciples obedient but, typically, miss the point confused. The Pharisees are being jerks as usual. The crowd seems happy to get "caught up" in something.

I can't help but feel a bit annoyed with them once I start thinking about what a melancholic journey this might have been for Jesus, trodding into town to greet his followers and his accusers. Maybe he was really good at compartmentalizing and just allowed himself to bask in the moment, but it seems like that would have been a tough trip.

***Did you ever feel like God's emotions seem to go back and forth a lot in Scripture?***

***Did you find this comforting or reassuring?***

***Are those mutually exclusive?***

Jesus' next actions during Holy Week seem to reveal that his divinity doesn't keep him from hunger, irritation, or anger. In our homework, we will be studying Jesus' clearing out the temple and cursing the fig tree, but today, I want talk about some OT passages where we see God showing negative emotion. ***You don't have to look very far to find passages that reveal God feeling deeply angry and feeling deep love.***

## SESSION 2 SCRIPTURES

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### **Hosea 1-14**

We are going to divide this book up among ourselves, either in pairs or singly, analyzing one or two chapters. Scan the chapter and use the study worksheet to particularly note the HIGHS and LOWS of God's feelings and of the people's feelings. After 10-15 minutes, we will come back together as a group. Be prepared to share a verse or two from your reading that reflects the ups and downs you saw.

*How do you feel when you read about these extremes of emotion displayed by God?*

# 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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