

UNIT 8

JESUS AND EMOTIONS

Hymn Part 4

CHRIST'S HUMANITY

*Jesus "was made in the likeness of men:
and ... found in fashion as a man."*

PHILIPPIANS 2:7-8



DAY 1

Jesus' Identification with Humanity

DAY 2

Jesus' "Negative" Emotions

DAY 3

Jesus' Positive Emotions

DAY 4

Controlling Emotional Impulses

DAY 5

Jesus and Wisdom

Why You Will Find This Unit Helpful

You will understand how and why Jesus was able to express His emotions without sinning. You will discover ways to prepare yourself to control emotional impulses and show godly wisdom in your everyday world. God will be at work helping you will and do His pleasure.

Lifelong Goal

In Christ you will express your emotions in ways that honor God.

Summary of God's Work in You

Christ's life in you springs from the mental quality of sincerity, which deals only with reality. God's goal for you is found in His original intention for a perfect humanity. Your spiritual growth can be measured only by Christ's relations with His Father and with other people. Christ enables your growth as God intended it in His role as Son of Man.

Unit Learning Goals

- You will understand why you should imitate Jesus' humanity.
- You will identify "negative" and positive emotions Jesus expressed.
- You will demonstrate your desire for control in expressing negative emotions in ways that honor Christ.
- You will understand one way you can miss the mind of Christ in the experience of joy.
- You will understand reasons you can demonstrate the mind of Christ by showing compassion.
- You will understand how to control emotional impulses with godly wisdom and your will.
- You will understand the importance of biblical wisdom for right living.
- You will demonstrate a renewed commitment to be a faithful student of God's Word.

What You Will Do to Begin Godly Expression of Emotions

- You will study the way Jesus expressed both "negative" and positive emotions.
- You will seek God's help in developing godly wisdom for right living.
- You will review your Bondage to Freedom Lists to see areas where God is still working to set you free.
- You will review the Lifelong Helps for Christlike Virtues and The Beatitudes for the purpose of letting God continue to mold you into the image of His Son.

Scripture Memory Verse

"The Word was made flesh, and dwelt among us, and we beheld his glory, the glory as of the only begotten of the Father, full of grace and truth" (John 1:14).

Lifelong Helps for Review in This Unit

Bondage to Freedom Lists (pp. 224–26)

Christlike Virtues (pp. 227–39)

The Beatitudes (pp. 241–50)

The Mind of Christ Cards Related to This Unit

4B. Unit 8: Scripture Memory—John 1:14



DAY 1 JESUS' IDENTIFICATION WITH HUMANITY

Today's Bible Meditation

“Christ also suffered for us, leaving us an example, that ye should follow his steps: who did no sin, neither was guile found in his mouth” (1 Pet. 2:21-22).

Names of Christ for Today

Son of Man (Matt. 12:40)

The Last Adam
(1 Cor. 15:45)

The Second Man
(1 Cor. 15:47)

Prayer to Begin the Lesson

Son of Man, thank You for choosing to become human.

As I observe Your life in Scripture, I see what You intended for human life to be like. You lived with all the same temptations I experience, yet You did not sin. You lived victoriously over temptation and sin. You showed what perfect humanity looks like. You were holy, spotless, and blameless.

Teach me and help me follow in Your steps. I want to be like You. Amen.

1. Begin today's lesson by reading the Bible verses and the names of Christ for today. Work on your memory verse. Then use the suggested prayer on the left to begin your study.

In this unit we will continue to look at the fourth part of the hymn: Christ's humanity. This unit will focus on the emotions of Christ. Jesus displayed a broad range of human emotions. Yet Jesus never sinned in the way He expressed His emotions. This is an area where avoiding sin is difficult. We have emotional outbursts. We express emotions inappropriately. We allow our emotions to govern our behavior and lead us into sinful acts. We want you to learn how to handle your emotions by following the example of Jesus.

God's Emphasis on the Inner Person

The mind has always been more important to God than outward actions. In the Old Testament the emphasis was on the heart. At times the Bible uses the word *heart* where we would use the word *mind*. For instance, “Apply your heart to discipline” (Prov. 23:12, NASB) and “As he thinketh in his heart, so is he” (Prov. 23:7).

Jesus used the word *heart* in the same sense: “Jesus knowing their thoughts said, ‘Why are you thinking evil in your hearts?’” (Matt. 9:4, NASB).

2. Which is more important to God? Check one.

My inner being My outward actions

Often we are satisfied if our outer, visible actions fulfill the expectations of society and the requirements of God. In contrast, God looks on the inner person. He told Samuel, “Man looketh on the outward appearance, but the Lord looketh on the heart” (1 Sam. 16:7). In the somewhat stricter emphasis of the New Testament, we can say the Lord looks at the mind. God is more concerned with the inner person than with outer actions.

Outward actions reflect what is on the inside. We may not commit the overt act of adultery, but Jesus says, “Everyone who looks on a woman to lust for her has committed adultery with her already in his heart” (Matt. 5:28, NASB). Christians who have a horror of committing murder are still in sin if they hate in their heart (see Matt. 5:21-22). The greed of Ahab, a mental sin, preceded the overt act of murder and stealing Naboth's vineyard (see 1 Kings 21:1-15). Cain was first guilty of the invisible sin of jealousy before he committed the visible sin of killing Abel (see Gen. 4:5). God knows your heart and your thoughts. His primary concern is your mind.

3. Which comes first? Check one.

Thoughts/emotions Outward actions

The primary purpose in Jesus' coming to earth was to die for our sins. However, He did not come merely to die. He also came to live and to show us how to live. The way Jesus lived His life has enormous consequences for us.

Jesus deliberately identified with the common life of ordinary human beings so that we will be able to identify with Him. He said, "The Son of Man came eating and drinking, and they say, 'Behold, a gluttonous man and a drunkard, a friend of tax-gatherers and sinners!'" (Matt. 11:19, NASB). Jesus chose the lowest human beings to identify with. One problem we face is that we find Jesus too grand or too lofty to imitate. Yet Jesus went out of His way to identify with the most humble and insignificant persons in order to invite us to identify with Him.

To make this identification strong, Jesus submitted to baptism—a baptism normally for sinners. Clearly, Jesus was placing Himself in the mainstream of common humanity. He met John's objection by saying, "Suffer it to be so now: for thus it becometh us to fulfil all righteousness" (Matt. 3:15). Jesus was not baptized for personal sin but to identify with sinners. In His sinless life Jesus showed the perfect nature of humanity as He created us to be. A perfect God became perfect Man for our sake. We can and must be like Him.

 4. Why should you want to be like Jesus in His humanity?

 5. You do not have additional Lifelong Helps for use this week. Review the helps on Christ's virtues (pp. 227–39) and the Beatitudes (pp. 241–50). Ask God to identify the area in your life He would like to work on. Spend time this week studying and praying through the Lifelong Help related to the area God identifies.

 6. As you conclude today's lesson, pray to Jesus, the Son of Man. Express your gratitude and appreciation for His example. Tell Jesus of your desire to be like Him. Ask Him to prepare your mind and heart for the study of emotions.



DAY 2 JESUS' "NEGATIVE" EMOTIONS

Today's Bible Meditation
"Jesus wept" (John 11:35).

Name of Christ for Today

The Express Image of His
(God's) Person (Heb. 1:3)

Prayer to Begin the Lesson

Jesus, I have negative emotions that are sometimes destructive to my relationships with others. I want to learn from Your example to express emotions in good ways. You are the perfect Image of God. Teach me to reflect Your image in my life so that You will be honored.

Amen.

Anger

Jesus experienced many human emotions, both negative and positive. In so doing, Jesus affirmed a normal and healthy emotional life. God has emotions, as the Old Testament clearly demonstrates. God can be angry (see Num. 25:3), jealous (see Ex. 20:5), loving (see Jer. 31:3), and compassionate (see Lam. 3:22). Jesus did not deny any legitimate emotion. His life shows us the wholesome range of human emotions.

Three times the New Testament records Jesus as being angry. The earliest one occurred the first time He cast out the money changers. Jesus repeated this action in the last week of His earthly life (see Matt. 21:12-13; Mark 11:15-17; Luke 19:45-46). As you read the following account, notice that Jesus did not just throw a temper tantrum. He expressed zeal for His Father's house. Jesus carefully planned His actions and took time to make a whip before displaying the anger He and His Father had for desecration of the temple.

[Jesus] found in the temple those that sold oxen and sheep and doves, and the changers of money sitting: and when he had made a scourge of small cords, he drove them all out of the temple, and the sheep, and the oxen; and poured out the changers' money, and overthrew the tables; and said unto them that sold doves, "Take these things hence; make not my Father's house an house of merchandise." And his disciples remembered that it was written, The zeal of thine house hath eaten me up (John 2:14-17).

Jesus' anger is recorded again in Mark 3:1-5. The Pharisees were watching Jesus to see whether He would heal on the Sabbath a man with a shriveled hand. "Looking around at them with anger, [He was] grieved at their hardness of heart" (v. 5, NASB). Anger can be expressed illegitimately. These violations of holiness and justice, however, were occasions for the appropriate expression of holy anger. Holy anger comes from such a pure fountain that we would probably do well not to try to imitate it.

2. What is a "negative" emotion that Jesus expressed in an appropriate way?

Indignant

On one occasion Jesus was indignant with His own disciples because they had attempted to keep people from bringing children to Him for blessing. Often when they failed to understand His ways, Jesus was temperate and long-suffering. But on this occasion "He was indignant" (Mark 10:14, NASB). He rarely expressed this emotion. Evidently, this particular offense was serious. Jesus wanted children to come to Him.

One time the Pharisees came to Jesus and asked for a sign from heaven. Jesus had already given abundant signs through His healings and miracles. Ironically, this demand immediately followed Jesus' feeding of the four thousand. What greater sign could they want? Mark tells us that Jesus "sighed deeply in his spirit" (Mark 8:12)—a rare example of displeasure. Even God's patience is limited by His own perfect holiness.

Displeasure

Four times the New Testament pictures Jesus as being troubled. The first of these occurred at the death of Lazarus. On this occasion Jesus "groaned in the spirit, and was troubled" at the sight of Mary's weeping (John 11:33). Jesus was "troubled in spirit" when He announced the betrayal of Judas (John 13:21). The prospect of monumental human failure and of the betrayal by a close friend was understandably troubling. In Gethsemane the night before His death, Jesus "began to be very distressed and troubled" (Mark 14:33, NASB). Jesus even verbalized His overwhelming sorrow: "My soul is exceeding sorrowful unto death" (Mark 14:34). Later in Gethsemane He was "in an agony" and probably sweated blood (Luke 22:44). Jesus was unquestionably capable of profound and deep human emotion. He expressed it openly and straightforwardly.

Troubled

Distress

Sorrow

Agony

 3. Below list some of the other "negative" emotions Jesus expressed.

We get a hint of God's grief over the reign of sin and death when Jesus wept at the grave of Lazarus (see John 11:35). Jesus gave a "deep sigh" when He was healing the deaf man (see Mark 7:34).

Wept
Deep sigh

Jesus was capable of profound grief. The two cries of sorrow over Jerusalem indicate an intense love that has been deeply wounded: "O Jerusalem, Jerusalem, the city that kills the prophets and stones those sent to her! How often I wanted to gather your children together, just as a hen gathers her brood under her wings, and you would not have it!" (Luke 13:34, NASB). Jesus also wept over the city of Jerusalem during the triumphal entry. We almost hear the sigh in His breath as Jesus said, "If you had known in this day, even you, the things which make for peace! But now they have been hidden from your eyes" (Luke 19:41-42, NASB). No more eloquent cries of rejection are found in all literature.

Grief

 4. What are some negative emotions you have expressed?

5. How would you evaluate the way you normally express negative emotions?
Check one or write your own response.

I always act in appropriate (good) ways.
 Sometimes I do OK, but other times I explode.
 I am afraid that I usually express negative emotions in bad ways.
 Other: _____

6. Pray about the way you express negative emotions. Ask Jesus to assist you in responding to your negative emotions in ways that would honor Him and never displease Him.



Today's Bible Meditation

"When he saw the multitudes, he was moved with compassion on them, because they fainted, and were scattered abroad, as sheep having no shepherd"

(Matt. 9:36).

Name of Christ for Today

A Righteous Man
(Luke 23:47)

Prayer to Begin the Lesson

Lord Jesus, You were a Righteous Man. You were always right in the way You acted. I do not want to act wrongly, and I also want to do what is right in a positive way. Teach me when and how to show positive emotions. Don't let me miss Your mind in these areas.

Clothe me in Your righteousness. Amen.

*Zeal
Hope
Glad*

DAY 3 JESUS' POSITIVE EMOTIONS

1. Begin today's lesson by reading the Bible verse and the name of Christ for today. Work on your memory verse. Then use the suggested prayer to begin your study.

2. As you read today's lesson, circle the emotions described. Below write the words for ready reference in the future.

The New Testament names more positive emotions of Jesus than negative ones. When Jesus cast out the money changers, His disciples primarily saw zeal (see John 2:17), which controlled and overshadowed His anger. This was a messianic fulfillment of Psalm 69:9. Zeal is a deep emotion. Whatever Jesus felt, He felt deeply.

3. Read the following paragraph and underline the definition of *hope*.

Jesus expressed desire and anticipation prior to the Lord's Supper. He told the disciples, "I have earnestly desired to eat this Passover with you before I suffer" (Luke 22:15, NASB). Jesus had actually hoped for this time! Hope is a rare virtue. We sometimes think of hope only as a desperate resort: "I hope things finally turn out all right." In the New Testament, however, hope is the present enjoyment of a future blessing. Jesus knew how things would turn out. For Jesus, the Supper was a happy time. He had looked forward to it.

4. Name two positive emotions of Jesus: _____

Once Jesus said He was glad. Gladness is the celebration of continuing inner joy. Gladness occurs when joy expresses itself on a particular occasion. On His departure

for Bethany to raise Lazarus from the dead, Jesus informed the disciples, “Lazarus is dead, and I am glad for your sakes that I was not there, so that you may believe” (John 11:14-15, NASB). Throughout His ministry Jesus had been disappointed at the disciples’ lack of faith. The resurrection would undoubtedly speak strongly to their struggling faith; Jesus was glad.

Joy characterized the conduct of Jesus’ life. On the return of the 70 from their mission, Jesus “rejoiced greatly in the Holy Spirit” (Luke 10:21, NASB). Jesus even expressed joy on the evening of the Lord’s Supper as He headed toward the cross. After Jesus told His followers that their obedience would cause them to remain in His love, He said, “These things have I spoken unto you, that my joy might remain in you, and that your joy might be full” (John 15:11). Of all the strange circumstances under which He could express joy, this evening of His betrayal, arrest, and trials seems the most unusual. Perhaps this is where many of us miss the mind of Christ more than any other area; we borrow tomorrow’s hurt. The entire period of this Passover evening would normally have been a time of intense dread for any other human (if they had been capable of understanding the events of the coming hours). Jesus deliberately did not enter that awesome dread until Gethsemane. During the last supper itself Jesus was actually cheerful. Jesus felt joy!

Joy

5. How can we miss the mind of Christ in the experience of joy?

6. Can you remember a time when you borrowed tomorrow’s hurt?

Briefly describe it.

Five times the Gospels record Jesus as having compassion. In three of these His compassion is for a multitude (see Matt. 14:14; 9:36; Mark 8:2). Large crowds stirred His pity. Jesus saw the great need among the people. Once as He began to heal a leper, Jesus was “moved with compassion” (Mark 1:41). When Jesus encountered the funeral procession of a young man in Nain, He halted it. The mother of the young fellow was a widow, and “He felt compassion for her” (Luke 7:13, NASB). His heart was tender toward need and hurt. On all these occasions Jesus met the need and healed the hurt.

Compassion

7. Based on Jesus' example, what are some reasons you can demonstrate the mind of Christ by showing compassion?

Love

*Love is the central emotion
in the mind of Christ.*

The highest emotion of Jesus is love. The love of Jesus is mentioned more than any other emotion. When the rich young ruler came to Jesus, "looking at him, Jesus felt a love for him" (Mark 10:21, NASB). When Lazarus became sick, Mary and Martha sent word to Jesus: "Lord, behold, he whom You love is sick" (John 11:3, NASB). Two verses later John tells us that "Jesus loved Martha, and her sister, and Lazarus." At the beginning of the Lord's Supper, "having loved his own which were in the world, he loved them unto the end" (John 13:1). Later in the meal Jesus said to them, "As the Father has loved Me, I have also loved you" (John 15:9, NASB). To avoid mentioning his own name, John referred to himself as the disciple "whom Jesus loved" (John 13:23; also see 19:26). Love is the central emotion in the mind of Christ.

8. Turn to *Love* (page 233-34) and review the ways you can show love. Watch for opportunities this week to show the love of Christ.

9. Close this lesson's study time by asking God to develop in you the perfect expression of positive emotions. Ask God to reveal to you opportunities when He would like you to express these emotions.



DAY 4 CONTROLLING EMOTIONAL IMPULSES

Today's Bible Meditation
"It is God which worketh in you both to will and to do of his good pleasure. Do all things without murmurings and disputings: That ye may be blameless and harmless, the sons of God, without rebuke, in the midst of a crooked and perverse nation, among whom ye shine as lights in the world" (Phil. 2:13-15).

Name of Christ for Today
Wonderful Counselor
(Isa. 9:6, NASB)

1. Begin today's lesson by reading the Bible verses and the name of Christ for today. Work on your memory verse. Then use the suggested prayer on the following page to begin your study.

2. As you read the following paragraph, circle emotions Jesus did *not* display.

Note the absence in Jesus' mind of negative emotions such as doubt, pessimism, discouragement, cynicism, suspicion, and gloom. He had no phobias. Jesus never worried about the problems of His life, such as the frequent failures of His disciples, His troubled relations with authorities, His rejection by His own hometown, or the dread of the cross.

According to Jesus' example, emotions are normal and typical of God's creation of humanity. Jesus' emotions, however, were resident and not subject to impulse. They find expression as occasion calls them out. We have already seen that God has holy anger and that Jesus expressed anger. But God's anger does not come and go. God never gets mad. God's anger is a permanent, unchanging, holy part of His makeup. God reserves the expression of His emotions for times when we need to know the

significance of His holiness. We do not always perceive God's various emotions, but they are always present.

 3. Which of the following best describes Jesus' emotions?

- Jesus' emotions were changeable, and He expressed them impulsively.
- Jesus' emotions were resident and unchanging. He expressed emotions thoughtfully and deliberately.

Casting the money changers out of the temple was not an unthoughtful, impulsive action. Jesus made the whip Himself. Coolly and deliberately, Jesus expressed the righteous wrath of unchanging holiness. Until that absolute holiness consumes our entire being, we do well not to try to express righteous anger. Jesus' emotions were resident and unchanging.

**The greatest danger for those of us who want
the mind of Christ is acting from impulse.**

What emotions are subject to impulse? The emotions that grip us with suddenness, like anger, lust, and revenge, are nearly always negative. These are also the hardest emotions to control because we act before we think. The Bible strongly emphasizes the will when it talks about the mind. The spiritual mind consciously places vengeance in the hands of the Lord (see Heb. 10:30). The mind of Christ has both negative and positive resident emotions, but they are subject to the will. Their public display is subject to godly wisdom.

 4. What is the best way for you to avoid the impulsive expression of negative emotions? Check one.

- a. I wait until I feel an emotion coming on and hope I have the strength to do the right thing.
- b. I *set, renew, and gird up* my mind so that I can use my will to choose the right action when a negative emotion arises.

We discovered our emotions falling into place after finding freedom (units 2–3) and after learning to interpret circumstances according to the blessings of the Sermon on the Mount (unit 6). More mature emotions grow from these earlier lessons. Learn these lessons well, and you will be able to control emotional impulses by using godly wisdom and exercising your will to do right.

 5. Take a few minutes to review the Bondage to Freedom Lists you have made. Does God want to set you free in other areas? Continue working on your lists until you sense Christ has set you free indeed.

 6. Continue reviewing the Lifelong Helps (Virtues and Beatitudes) that God calls to your attention. Let God continue His work in those areas. Keep praying that God will mold you into the image of His Son Jesus Christ.

**Prayer to Begin
the Lesson**

Wonderful Counselor, I get myself into much trouble because of my emotional impulses. They seem uncontrollable at times. Will I ever be able to control those impulses? I turn to Your counsel today. Teach me from the example of Jesus how to express my emotions correctly. I want to honor You and shine as a light in a world of darkness. Thank You that You will help me want the right things and then enable me to do them. Amen.

DAY 5

JESUS AND WISDOM

Today's Bible Meditation

"If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him. But let him ask in faith, nothing wavering" (Jas. 1:5-6).

Name of Christ for Today

Wisdom of God
(1 Cor. 1:24)

Prayer to Begin the Lesson

Wisdom of God, I confess to You that I need Your wisdom. My human wisdom is not sufficient for the problems I face. I am thankful that You know all things and understand all things. Cause me to increase in Your wisdom for Your purposes and for Your glory. Continue to develop in me the virtues of godly wisdom. Make me pure, peaceable, gentle, entreatable, merciful, fruitful, steadfast, and honest. Amen.

1. Begin today's lesson by reading the Bible verses and the name of Christ for today. Work on your memory verse. Then use the suggested prayer on the left to begin your study.

Jesus never failed to use His intellect to the advantage of God's cause. Even at the age of 12, Jesus was about the affairs of His Father. In the temple Jesus was receptive by listening to the teachers. The teachers questioned Jesus and were "amazed at His understanding and His answers" (Luke 2:47, NASB). Jesus had an unbelievable knowledge and use of the Old Testament.

2. As you read the following paragraph, circle the way Jesus responded to those who questioned Him. To what did He point them?

Jesus demonstrated a keen intellect and a quick response. He referred those who questioned Him to God's intent. When the chief priests, scribes, and elders demanded that He identify His authority, Jesus referred their question to John's baptism and God's divine purpose (see Luke 20:3-4). Jesus answered the question about giving tribute to Caesar by saying that both civil and divine authority should receive their due (see Luke 20:22-25). Jesus baffled the Sadducees by pointing out their failure to comprehend Scripture (see Luke 20:27-38). God's purposes were the source of His ready answers.

Most important to Jesus was the application of wisdom. Biblical wisdom is available to an uneducated person as well as to a scholar. Wisdom was important to the Jewish mind, and a section of sacred Jewish writings is designated as wisdom literature: Job, Psalms, Proverbs, Ecclesiastes, and Song of Solomon. As a child, Jesus "kept increasing in wisdom" (Luke 2:52, NASB). The difference and the depth of Jesus' teaching amazed His hearers (see Matt. 7:28-29; Luke 4:32,36). Speaking of His teaching, Christ claimed, "The words that I have spoken to you are spirit and are life" (John 6:63, NASB). Jesus often referred to the Scriptures as the reason for His actions. Jesus quoted the Scriptures as a means to resist Satan during His temptation in the wilderness. The Bible is a valuable source of wisdom for those willing to pay the price of time in God's Word to learn it.

3. How important were the Scriptures to Jesus? _____

4. If you are to have the mind of Christ, how important should the Scriptures be to you? _____

5. What are some practical ways you can allow the Scriptures to take their rightful place of importance in your mind? Check all that apply.

- a. Carry my study Bible with me at all times so that I can look up what I need anytime I need it.
- b. Read and study the Scriptures.
- c. Listen to pastors and teachers as they explain the Scriptures.
- d. Meditate on the Scriptures.
- e. Memorize the Scriptures.
- f. Do not worry about knowing the Scriptures until the need arises, then hope God gives me a Word.
- g. Talk about the application of Scriptures with other believers.

Of these possibilities b, c, d, e, and g are the most practical and reflect the pattern of Jesus' life. A is not all bad, but it may be impractical. Situations may arise that do not allow you much time to make a right decision or response. F is presumptuous. God can give a word, but He has no obligation to make up for our laziness. The better choices are to "study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth" (2 Tim. 2:15).

Paul said that in Christ "are hidden all the treasures of wisdom and knowledge" (Col. 2:3, NASB). So strongly identified with wisdom was Christ that Paul spoke of Him as "the wisdom of God" (1 Cor. 1:24). James 3:17 clearly describes the wisdom of God; that is Jesus! Demonstrating the mind of Christ is wise.

6. Reflect on your progress in becoming like Christ. Are you growing? Tell God what you are feeling and thinking right now. In prayer make a fresh commitment to God to be a faithful student of His Word.

Demonstrating the mind of Christ is wise.