

## Equipping Night

March 20, 2024

### ***The Emotional Life of Jesus: A Deeper Look at How He Bore Our Grievs***

- 1. Jesus is truly God, and truly man.**
  - a. 2 John 7
  - b. "If the Jesus you believe in was not able to grow wiser and also to grow in favor with God, he is not the Jesus of the Gospels" (see Luke 2:52) – Sinclair Ferguson.
- 2. Two Pitfalls to how we might think about Jesus' emotions.**
  - a. 1 – A Stoic Jesus.
  - b. 2 – A Hyper-emotional Jesus.
- 3. Group Study** (Matt will hand you another sheet)
- 4. Sharing our findings from the group study.**

### **4 Big Reasons Why the Emotional Life of Jesus Matters**

- 1.** It is essential to his existence as a full human being.
- 2.** In Jesus, we see an example of how to navigate hard emotions
- 3.** Every emotional hardship experienced by Jesus contributed to our salvation.
  - a. Isaiah 53:4.
- 4.** Jesus is still human today, and will be forever. Therefore, he is our sympathetic High Priest.
  - a. Heb 4:15-16

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### **Recommended Resources**

1. *The Emotional Life of Our Lord* by B.B. Warfield.
2. Article from *Desiring God*: "To Groan is Human – and Christian: Learning from the Emotions of Jesus"

### **Notes**

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### **Notes**

## Group 1 – The Joy of Jesus

Read these passages out loud in your group:

- John 15:11
- John 17:13
- Hebrews 12:1-2
- Matt 11:18-19

Discuss these questions:

1. What would you say was the source or the reason(s) for Jesus' joy?
2. What can Jesus' joy teach us about joy in the midst of suffering?
3. We think of Jesus as "a man of sorrows," (Isa 53:3) and so he was, but does this mean Jesus was constantly sorrowful all of the time? Would Jesus' have this reputation in Matthew 11:18-19 if his demeanor always appeared to be sad? Flesh out your thoughts together as a group.
4. How does this emotion impact your understanding of who Jesus is and/or what he's done?

## Group 2 – The Compassion of Jesus

Read these passages out loud in your group:

- Matthew 9:35-36
- Matthew 23:37-39

Discuss these questions

1. What is "compassion" in your own words?
2. Why was Jesus compassionate according to Matthew 9:36? Who are some people that fit this description today?
3. How is Jesus' displaying compassion when he weeps over Jerusalem in Matthew 23?
4. How might frustration (or even righteous anger) be related to compassion?
5. How does this emotion impact your understanding of who Jesus is and/or what he's done?

### Group 3 – The Tomb of Lazarus

Read these passages out loud in your group:

- John 11:32-44

Discuss these questions

1. What emotions do you see from Jesus in this passage?
2. Verse 33 and 38 both say Jesus was “deeply moved.” A better translation would be “indignant” or “angry.” What do you think Jesus was mad about in this situation?
3. V. 33 says Jesus was “greatly troubled.” This means that Jesus was “disturbed.” What do you think Jesus was disturbed by in this situation?
4. V. 35 says “Jesus wept.” If Jesus was about to raise Lazarus...why did he weep?
5. How do these emotions impact your understanding of who Jesus is and/or what he’s done?

### Group 4 – Gethsemane

Read these passages out loud in your group:

- Matthew 26:36-46
- Luke 22:44

Discuss these questions

1. What emotions does Jesus experience in this passage?
2. In what way do Jesus’ emotions have an impact on his physical body in this passage? Why is this physical impact significant?
3. What is significant about Jesus sharing his emotions with Peter, James, and John. Why do you think he did this?
4. Why do you think Jesus prayed three times, instead of just one?
5. Why was Jesus afraid of “the cup”? What exactly was “the cup”?
6. Early Church martyrs occasionally went to their death with joy and singing hymns. Here, Jesus is much more afraid. Why is that? Is Jesus’ faith weaker than the early church martyrs?
7. How do these emotions impact your understanding of who Jesus is and/or what he’s done?

## Group 5 - The Cross

Read these passages out loud in your group:

- Matthew 27:27-50

Discuss these questions

1. What do you know about the physical suffering of crucifixion?
2. In what ways does Jesus experience emotional suffering in this passage? List all of the instances you see
3. To be more specific, what are some factors that contributed to Jesus' experience of shame?
4. Why did the Father forsake Jesus at this moment? Flesh out what this means with our group.
5. Why do you think the passage doesn't seem to emphasize the physical suffering of crucifixion as much as the *emotional* suffering?
6. How do these emotions impact your understanding of who Jesus is and/or what he's done?