

## Bearing One Another's Burdens

1. Introduction: Gal 6:1-5
2. The Book of James addresses the role of the individual in the process of restoration. Jas 4:1-10
3. People Are Emotional Beings: How Did Jesus Handle His Emotions?
  - A. When we seek to "bear one another's burdens" and thus "fulfill the law of Christ," we are frequently going to have to deal with \_\_\_\_\_.
  - B. We live in a society, although it is certainly not limited to this society, that wants to "\_\_\_\_\_" even when something legitimately painful happens.
  - C. Every emotion can be used to push us to a deeper awareness of our \_\_\_\_\_ on God.
  - D. It is okay to hurt and more than that, it's \_\_\_\_\_ to hurt, because it is evidence of life.
  - E. We must be careful that our immediate response is not to "end the pain," but rather to \_\_\_\_\_ to God. Jas 4:8
  - F. Christians are exhorted throughout Scripture to face all of reality with a trust in Christ. Denial is not designed to be part of the Christian life.
    1. What is the source of the emotions, i.e. what \_\_\_\_\_ them?
    2. What is their usefulness, i.e. what can we \_\_\_\_\_ from them?
    3. How should we handle them, i.e. what do we \_\_\_\_\_ with them?
4. What Triggers Our Emotions?
  - A. Some simplistic theories that offer quick relief are easy to be found:
    - 1). Bad behaviors cause bad emotions, so \_\_\_\_\_ up.
    - 2). Bad goals cause bad emotions; so \_\_\_\_\_ your life.
    - 3). Bad thinking causes bad emotions; so \_\_\_\_\_ right.
    - 4). Bad faith causes bad emotions; so \_\_\_\_\_ spiritual.
  - B. The strength of the urge to keep things simple partly reflects our abhorrence of \_\_\_\_\_.
  - C. There are two \_\_\_\_\_ of emotions:
    - 1). Pleasant-unpleasant emotions, and
    - 2). Constructive-destructive emotions.

- D. Pleasant-unpleasant emotions: God made us to be \_\_\_\_\_ beings.**
- E. Constructive-destructive emotions: Most of us are far more concerned with whether we like the way we feel than the \_\_\_\_\_ of our feelings.**
- F. What makes an emotion constructive or destructive?**
- 1). The answer is whether it is interfering with the two greatest commandments being \_\_\_\_\_ in our life.**
  - 2). Feelings should be evaluated to determine which \_\_\_\_\_ they fit.**
  - 3). Whether an emotion is constructive or destructive depends not on what happens to us, but on how we \_\_\_\_\_ respond to whatever happens.**
  - 4). Events in our lives \_\_\_\_\_ whether we feel "pleasant" or "unpleasant" emotions.**
  - 5). We then must \_\_\_\_\_ whether our feelings are constructive or destructive.**
  - 7). The presence of destructive emotions indicates that there is an \_\_\_\_\_ problem.**