

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?
4. What Triggers Our Emotions?
 - A. Some simplistic theories that offer quick relief are easy to be found:
 - B. The strength of the urge to keep things simple partly reflects our abhorrence of confusion
 - C. There are two categories of emotions:
 - D. Pleasant-unpleasant emotions: God made us to be reactive beings.
 - E. Constructive-destructive emotions: Most of us are far more concerned with whether we like the way we feel than the value of our feelings.
 - F. What makes an emotion constructive or destructive?
 - G. Let us consider an unpleasant event: a family member is caught in a trespass. You feel bad.
 - H. Now begin with the same unpleasant event and trace what develops when the internal response to that event is foolish
 - 1). Perhaps an individual believes that their hope for joy is in their family (Response 1) and that others must produce that joy for them (Response 2).
 - 2). With this sort of thinking, the unpleasant event will be perceived as a threat to survival.
 - 3). The immediate emotion then is not disappointment but _____.
 - 4). When the core of our being is threatened, the panic we feel strengthens our commitment to _____.
 - 5). The path to _____ emotions has been entered.
 - 6). If the demand that things change is realized, the panic softens into relief but with a hint of _____ that it will happen again.
 - 7). If the demand is blocked, the feeling of panicky demand becomes _____. This response usually further alienates.
 - 8). If the demanded objective remains uncertain, the panic turns into _____ worry.
 - 9). If things change in a way that makes it impossible for the demand to be realized, the emotion deepens into an overwhelming sense of angry, guilty _____.
 - I. Notice that the same unpleasant event that necessarily generates unpleasant emotions leads to either constructive or destructive emotions depending on the _____ of the internal response to that event.
 - J. Pleasant events generate pleasant emotions, but even pleasant emotions can be twisted into destructive ones depending on our deeply internal evaluative _____.

- 1). If there is a wise response, the event is regarded as satisfaction of a perfectly valid desire and thus a _____ is sensed.
- 2). This often leads to a desire for a _____ relationship.
- 3). If the desire is realized, the feeling will be a warm _____.
- 4). If the closer relationship is not pursued, then there is a feeling of being _____ and possibly angry.
- 5). If the relationship goes up and down, there will be an _____ concern.
- 6). If the hope of a closer relationship is blocked then the result is a _____ productive sadness.

K. Suppose the pleasant event is interpreted through the eyes of _____. Perhaps one spouse has operated under the belief that he/she is undesirable (Response 1) or unwanted (Response 2).

- 1). This person operates in self-protection and thus develops strategies for _____ hurt in relationships.
- 2). What this person desires, unconditional love, is yet _____ because of the belief that he/she is undesirable or unwanted.
- 3). Through the eyes of foolishness, it is quite easy to set ones sights on being the _____ of other nice things-since they brought with them good feelings.
- 4). This will bring with it a plan of action to keep the gifts coming—the gifts have to be "earned" since the "belief" of unwantedness must be held on to for protection. Gifts become a " _____ goal."
- 5). Thus when a gift is received with foolishness driving the emotions, there is an _____ appreciation because of a fear that this may be the last.
- 6). If the strategies (manipulations) are successful, the result is more of a _____ than a loving gratitude.
- 7). If the strategies fail, the response will often be _____ to one degree or another.
- 8). If the strategies are partly successful, then the result will be _____ and anxiety.
- 9). If there is no hope of success, the result will be a _____ inadequacy.

L. The _____ of our emotions depends entirely on the nature of the events that take place in our lives; the _____ of our emotions depends entirely on the wisdom with which we view the events in our lives.

M. A commitment to self-protection rooted in foolish thinking has the power to _____ every emotion, whether pleasant or unpleasant, and make them all destructive. A commitment to trust the Lord deeply with the core of our being can turn every emotion, even the most painful, into _____ avenues for more fully pursuing God.