

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?
5. The Usefulness of Emotions: What Can We Learn from Them?
 - A. The _____ of our emotions tells us little more than whether the perceived events in our lives are enjoyable or distressing.
 - B. The _____ of our emotions reveals far more.
 - C. When the way we feel interferes with living in _____ as we should, the evidence is strong that the deep and deceitful processes of the human heart are actively at work.
 - D. Emotions can serve as a _____ light telling us to look inside.
 - E. Feelings that rob me of the energy to keep on in my pursuit of God have their source within me. That means that _____ can be done.
 - F. I may not be able to manufacture pleasant feelings, but I can learn to _____ in a way that will make more of my emotions constructive.
 - G. Maturing in wisdom is a _____ because there is no quick technique for turning off worry and turning on peace.
 - H. _____ in believing God and seeing life from His perspective is a lifelong process that slowly transforms destructive emotions into constructive ones.
 - I. In searching for the problem we must be guided by three sources of data:
 - 1). The _____ of God. Psa 139:23-24
 - 2). The _____ of God. Heb 4:12
 - 3). The _____ of God. Heb 3:13
6. Handling Our Emotions: What Are We to Do with Them?
 - A. Since constructive emotions exist then it follows that we need to pay _____ to them.
 - B. This is not a _____ idea springing from "feel good" psychologists or "prosperity" theology.

- C. Some churches seem to preach a "don't feel" or Stoic theology and especially with such emotions as fear or jealousy. This leads to pretense, denial and _____ relationships.
- D. Denial of reality is _____.
- E. Unbelievers can "stuff" their emotions, so "stuffing" is not part of the _____ of the Holy Spirit.
- F. The first stage of handling emotions is to _____ them.
- 1). When unpleasant feelings emerge, our first tendency is to _____ with no regard for whether they are constructive or destructive. The Sin Nature seeks a way to not feel anything unpleasant.
 - 2). This means that the point of our effort has nothing to do with becoming mature, but rather in seeking emotional _____.
 - 3). When our efforts at comfort are successful and we erase the emotion from our awareness, we not only lose the potential profit of self-examination, but also strengthen a disabling _____ of who we really are.
 - 4). We also weaken our _____ in God and learn to trust Him less.
 - 5). For many Christians, denial has become a _____.
 - 6). Chronic denial as a means of coping leads to a stiffness and rigidity that may for a time masquerade as emotional _____, or maturity.
 - 7). People who deny how they feel can rarely reach in and deeply touch another person's life because they have _____ off deep parts within themselves. Their counsel would recommend to others that they seal themselves off too.
 - 8). Spiritual matters are not measured in terms of emotional _____. Maturity involves the ability to experience our feelings and then either to repent of wrong directions or to trust God more fully.
 - 9). Although emotions are not to control us, they must be felt in order to process them _____.
 - 10). Feeling emotion is not the key to spiritual growth, but is definitely part of the _____.