

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?
6. Handling Our Emotions: What Are We to Do with Them?
 - A. Since constructive emotions exist then it follows that we need to pay attention to them.
 - B. This is not a secular 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 shallow relationships.
 - D. Denial of reality is self-protective.
 - E. Unbelievers can "stuff" their emotions, so "stuffing" is not part of the ministry of the Holy Spirit.
 - F. The first stage of handling emotions is to feel them.
 - G. The second stage of handling emotions is to _____ those that are acknowledged.
 - 1). Like the Corinthians, we would rather examine _____ looking for a scapegoat or an excuse for our problems. 1 Cor 4:3-5
 - 2). But we must begin with a _____ examination. Gal 6:4-5
 - 3). The examination needs to be by God's _____. 1 Thes 2:3-6
 - 4). The Lord's Table is to be a consistent _____ of the need for personal examination. 1 Cor 11:28-33
 - 5). God examines our _____. 1 Thes 2:3-6 Cf Heb 4:12
 - 6). Starting with personal examination, we are then to examine _____ carefully and hold fast to the good. 1 Thes 5:21-24
 - H. The final stage deals with how we _____ the emotions that we have acknowledged and evaluated? If so, how directly?
 - 1). Believers should be willing and _____ to state exactly how they feel. Eph 4:25
 - 2). We need to abandon our " _____ " of self-protection. 2 Cor 10:4

- 3). The degree to which we openly express our feelings should be governed, not by fear of reprisal, but by our commitment to _____ others. Rom 12:10
- 4). To honor the Lord as the source of life requires that I _____ limit my freedom to say what I feel by a commitment to the well-being of others. Php 2:3
- 5). In other words, let love set the limits not _____. Rom 13:8
- 6). Christian _____ can be passed off for what is really nothing but self-protective politeness. Mark 9:34
- 7). Defensiveness, whether being an unwillingness to deal with immediate relational tension, or a failure to listen insightfully to what people are saying, are reliable indicators of a _____ to self-protection.
- 8). Principle: Be free to express every feeling but express only what will _____ God's purposes. Mark 14:61
- 9). Talk to _____ about it first!! Php 4:6