

Bearing One Another's Burdens

1. Introduction: Gal 6:1-5
2. 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 Examine those that are acknowledged.
 - H. The final stage deals with how we express the emotions that we have acknowledged and evaluated? If so, how directly?
 - 1). Believers should be willing and unafraid to state how they feel. Eph 4:25
 - 2). We need to abandon our fortresses 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 loving others. Rom 12:10
 - 4). To honor the Lord as the source of life requires that I voluntarily limit my freedom to say what I feel by a commitment to others' well-being. 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
7. How Then Shall We Live?
 - A. We find God to the degree that we _____ to find Him.
Jas 4:8; Acts 17:27; Heb 11:6
 - 1). Believers often talk about trusting but usually practice _____.
 - 2). Believers should come to God believing that He rewards those who earnestly seek Him, but then insist that we be rewarded _____ with what we deserve.

- B. One of our main problems is not that we are too passionate about _____ things, but that we are not passionate enough about _____ things.**

Rom 12:21; Gal 6:8-10

- 1). When will holiness become more attractive than sin?**
- 2). When will knowing God be more important than “finding self”?**
- 3). When will intimacy with Christ be worth any cost?**
- 4). It is much easier to go after something good than to give up something we have historically viewed as "good.”**
- 5). We need both a Vision & Mission.**

- C. The Fallen Structure within us has dulled our _____ for what is really good.**

1 Tim 4:1-5

- 1). The energy of a self-reliant spirit has cut the deepest nerve endings of our souls, leaving us _____ with those things that should bring the greatest joys.**
- 2). We are more flattered by an invitation to an exclusive party than by the opportunity to _____.**
- 3). We find more delight in being wanted by certain people than in being accepted by _____.**
- 4). The loss of respect from friends hurts more than loss of _____ with Christ.**
- 5). Getting a promotion at work is more meaningful than watching God work through us to _____ someone.**
- 6). The joy of giving has been _____ by the pleasure of getting.**
- 7). The thrill of living as unthreatened people who can continue to give no matter how we are _____ stirs us less than the chance to protect ourselves against assaults on our dignity and affirm our value.**
- 8). Rather than finding God we prefer to relieve our _____ of life by making money and friends.**
- 9). We express our rage at God by arrogantly trusting _____.**

- D. Our desire to know God is usually in a distant _____ place to our desire for solutions to life's problems.**

- E. When our strongest passion is to solve our problems, we look for a plan to follow rather than a _____ to trust. Prov 16:1-9; 19:21**