

From the Inside Out
Emotional Health
 John 11:35

We are talking about health from the scriptures during a six-week series entitled “*From the Inside Out*”. Today we look at emotional health.

Emotions: There are anywhere from 4 to 90 emotions that human beings experience in their lifetime. Emotions are defined as a “*natural instinctive state of mind deriving from one’s circumstances, mood, or relationship with others.*”

Main Idea: Jesus is our Perfect Example of Emotional Health

I. A Person to Emulate - “Jesus...”

Jesus Was, Is & Will Forever Be Fully God: “*In the beginning was the Word, and the Word was with God, and the Word was God...And the Word became flesh and dwelt among us, and we have seen his glory, glory as of the only Son from the Father, full of grace & truth.*” **John 1:1, 14**

Jesus Became Fully Man: “*Who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men.*” **Philippians 2:6-7**

“*Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin.*” **Hebrews 4:14-15**

II. An Emotion to Exhibit - “...wept.”

- **Jesus got Angry:** Mostly at the religious who treated people poorly.

“*And he looked around at them with anger, grieved at their hardness of heart, & said to the man, ‘Stretch out your hand.’ He stretched it out, & his hand was restored. The Pharisees went out & immediately held counsel with the Herodians against him, how to destroy him.*” **Mark 3:5-6**

- **Jesus was Happy:** It was continuous and contagious.

“*These things I have spoken to you, that my joy may be in you, & that your joy may be full.*” **John 15:11**

- **Jesus experienced Sadness:** Multiple times, for various reasons.

“*...A man of sorrows & acquainted with grief...Surely he has borne our griefs & carried our sorrows...*” **Isaiah 53:3b, 4a**

Jesus Wept: What were the circumstances around Jesus’ emotions here?

“*Now a certain man was ill, Lazarus of Bethany, the village of Mary & her sister Martha. It was Mary who anointed the Lord with ointment & wiped his feet with her hair, whose brother Lazarus was ill. So the sisters sent to him, saying, ‘Lord, he whom you love is ill.’*” **John 11:1-3**

“*Then Jesus told them plainly, ‘Lazarus has died.’*” **John 11:14**

“*Martha said to Jesus, ‘Lord, if you had been here, my brother would not have died.’*” **John 11:21**

“*Now when Mary came to where Jesus was & saw him, she fell at his feet, saying to him, ‘Lord, if you had been here, my brother would not have died.’ When Jesus saw her weeping, & the Jews who had come with her also weeping, he was deeply moved in his spirit & greatly troubled.*” **John 11:32-33**

“*Jesus wept.*” **John 11:35**

Jesus embodies 2 qualities of Emotional Health: 1) Did not suppress his own emotions, and 2) Allowed others to express their emotions.

Unhealthy Ways to Deal with Emotions:

- **Emotional Denial – Lack of Self-Awareness:** These people bottle up their emotions
- **Emotional Surrender – Lack of Self Control:** These people allow emotions to dictate every aspect of their lives

“*Be angry & do not sin; do not let the sun go down on your anger, & give no opportunity to the devil.*” **Ephesians 4:26-27**

Practical Helps for Emotional Health:

- **Healthy Relationships**
- **Christian Counseling**
- **Therapeutic Experiences**
- **Trust God**

“*Do not be anxious about anything, but in everything by prayer & supplication with thanksgiving let your request be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts & your minds in Christ Jesus.*” **Philippians 4:6-7**

True emotional health begins with a personal relationship with God (the manufacturer of your emotions), and that is only available through Jesus!

Sources & Further Reading Opportunities:

- *Tyndale Bible Dictionary* – Elwell & Comfort (2001)
- *The Bible Exposition Commentary* – Warren Wiersbe (1996)
- *Tyndale Concise Bible Commentary* – Huges & Laney (2001)
- *The IVP Bible Background Commentary* – Craig S. Keener (1993)
- *Emotionally Healthy Spirituality* – Peter Scazzero (2006)

