



Read – Read the passage in its context several times. Read it slow enough to understand what God is saying through it.

- What ideas or words are emphasised, repeated or related in this passage?
- In your own words, what is the main idea of this passage? (Try to summarise these verses in 10 words or less)

Examine – Next, try to understand the specifics of what the passage is communicating.

- What do you notice about God? What has he done/is he doing in these verses?
- What do you learn about Jesus and his gospel from this passage?
- What does it reveal about people?
- How do you think the writer wanted his reader to respond to these words?

Apply - After seeking to understand God's Word in this passage, consider how he intends to use it in your heart and life today.

- What struck you as you listened to this message? Why?
- How would you describe your relationship to your emotions? Are you someone who feels big or one who struggles to engage on an emotional level? Can you think of a recent time when this was evident to you?

- Of the various benefits to having emotions (deepen our worship / reveal the heart / warning light / motivate good / sustain) which have you experienced?
- As we've seen, corporate worship is a spring of emotional health. How might this influence the way you encourage those you are ministering to in your church?
- What patterns in your life might be hindering you from being a source of encouragement and emotional support to those you seek to serve? Who knows (and loves) you well enough that you could ask him or her to help you see your strengths and weaknesses?

Go deeper:

Below are a list of verses from the New Testament that describe Jesus' emotional life. Alone or with others, take time to read them aloud in context, marvelling and giving thanks to God for Christ's emotionally perfect humanity.

Compassion

Matthew 9:36 – “When he saw the crowds he had compassion for them...”

Matthew 14:14 – “He had compassion on them and healed their sick.”

Matthew 15:32 – “I have compassion on the crowd...”

Matthew 20:34 – “And Jesus in pity touched their eyes...”

Mark 1:41 – “Moved with pity, he stretched out his hand...”

Mark 6:34 – “He had compassion on them, because they were like sheep...”

Mark 8:2 – “I have compassion on the crowd...”

Luke 7:13 – “And when the Lord saw her, he had compassion on her...”

Love

Mark 10:21 – “Jesus, looking at him, loved him...”

John 11:5 – “Now Jesus loved Martha and her sister and Lazarus.”

John 13:1 – “Having loved his own... he loved them to the end.”

Ephesians 5:2 – “Christ loved us and gave himself up for us...”

Galatians 2:20 – “the Son of God, who loved me and gave himself for me.”

Revelation 1:5 – “To him who loves us and has freed us...”

Sorrow / Grief / Trouble

Matthew 26:37–38 – “My soul is very sorrowful, even to death.”

Mark 14:33–34 – “greatly distressed and troubled... very sorrowful.”

Luke 19:41 – “And when he drew near and saw the city, he wept over it.”

John 11:33 – “deeply moved in his spirit and greatly troubled.”

John 11:35 – “Jesus wept.”

*John 12:27 – “Now is my soul troubled.”

John 13:21 – “Jesus was troubled in his spirit...”

Hebrews 5:7 – “with loud cries and tears...”

Anger / Indignation / Zeal

Mark 3:5 – “He looked around at them with anger...”

Mark 10:14 – “he was indignant and said to them...”

John 2:15–17 – “He made a whip of cords... drove them all out...”

John 2:17 – “Zeal for your house will consume me.”

Distress / Agony

Luke 12:50 – “How great is my distress until it is accomplished!”

Luke 22:44 – “Being in an agony he prayed more earnestly...”

Hebrews 12:2 – “who for the joy that was set before him endured the cross...”

Joy

Luke 10:21 – “Jesus rejoiced in the Holy Spirit...”

Hebrews 12:2 – “for the joy that was set before him...”

Amazement / Marveling

Matthew 8:10 – “When Jesus heard this, he marvelled...”

Mark 6:6 – “And he marvelled because of their unbelief.”

Message sermonsummaries