



HANDLING EMOTIONS

An Everyday Man

July 9, 2022

1 PREPARING

A. THE SOURCE

Philippians 4:13 (NKJV) • “I can do all things through Christ who strengthens me.”

John 16:33 (NIV) • “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”

2 Timothy 1:7 (KJV) • “For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.”

“In all true teaching the personal element is essential. Christ in His teaching dealt with men individually. It was by personal contact and association that He trained the twelve. It was in private, often to but one listener, that He gave His most precious instruction. To the honored rabbi at the night conference on the Mount of Olives, to the despised woman at the well of Sychar, He opened His richest treasures; for in these hearers He discerned the impressible heart, the open mind, the receptive spirit. Even the crowd that so often thronged His steps was not to Christ an indiscriminate mass of human beings. He spoke directly to every mind and appealed to every heart. He watched the faces of His hearers, marked the lighting up of the countenance, the quick, responsive glance, which told that truth had reached the soul; and there vibrated in His heart the answering chord of sympathetic joy”

(*Counsels on Sabbath School Work*, pp. 73, 74).

B. WHAT'S TO BE SAID ABOUT “HANDLING EMOTIONS”

Probably the most difficult thing about being an earliteen is experiencing new emotions. All of a sudden earliteens feel things they have never felt before. The whole world starts to look and feel different. Their thoughts are jumbled up in their head, and they don't know what to do with these new feelings. They need the reassurance that they are not alone, that they are not hopelessly messed up. So they constantly look for someone to identify with, someone to empathize with. Oftentimes they will look to friends, music, or fantasy. Connecting with God is perhaps the last thing that comes to their mind. God and religion seem unreachable to earliteens. God sounds good, but not practical or applicable. However, Jesus is the ultimate shoulder to cry on. He is the best listener ever. Once the earliteens come to understand this, they will be better equipped to deal with the emotions that constantly attack them. This lesson shows how Jesus can be more accessible and encourages earliteens to trust Him with their problems.

C. WHERE WE'RE GOING WITH “HANDLING EMOTIONS”

As a result of this lesson we would like the students to be able to:

1. Understand they are not the only ones

- who feel the way they do.
- Deal with their emotions in an effective, positive way.
 - Establish a more trusting and open relationship with Jesus.

D. MATERIALS NEEDED

Beginning • (Activity B) emotions written out on sticky labels; (Activity C) pens or pencils, paper, felt tip markers, one large sheet of poster board, a coin, a table.

Connecting • Bibles, student lessons, small slips of paper with Bible texts.

Applying • Paper, pens or pencils.

2 BRIDGING

A. THE WEEK IN REVIEW

Allow 10 minutes as students are arriving to:

- Share anything that was meaningful to them in this lesson.
- Engage in a discussion about the topic of the lesson in connection to the belief highlighted this week.
- Say the Bible memory text either individually or in a group.

B. OTHER SABBATH SCHOOL COMPONENTS

- >> Song service
- >> Mission emphasis (find a link for Adventist *Mission* for youth and adults at www.realtimefaith.net)
- >> Service project reports

3 BEGINNING

NOTE TO TEACHER: Put together your own program with options from the categories below—Beginning, Connecting, Applying, and Closing. Please keep in mind, however, that the students

need to have an opportunity to be interactive (participate actively *and* with one another) and to study from the Word.

A. BEGINNING ACTIVITY

Get ready • Ask the class to name different emotions/feelings (refer to chart on p. 24). Once a list of at least 10 is compiled, choose two volunteers who are willing to do some improvised role playing.

Get set • Instruct the two volunteers to begin role-playing a scenario you give them (a mother addresses her son about his messy room, best friends get into an argument about another friend, a daughter tells her father that she wrecked the car, etc.). Give each of the role players an emotion from your list that they have to use in acting out their part.

Go • As the role players act out their scenarios, calling out changes of emotion will bring a humorous twist and also emphasize how changeable emotions can be, especially during the teen years.

Debriefing • Ask: What are some of the ways you express your emotions? Is it important to understand your emotions? Why or why not?

B. BEGINNING ACTIVITY

Get ready • Write out emotions on sticky labels. (See chart on p. 24.)

Get set • As each student arrives, stick three sticky labels on their back without their seeing what the labels say.

Go • Let students circulate and ask other students, “What am I feeling?” The only response allowed from the other students is a silent acting out of one of the emotions listed on the questioner’s back. When the questioner correctly guesses one of their emotions, that label can be switched to the front of them.

Debriefing • Ask: What are some of the ways

you express your emotions? Is it important to understand your emotions? Why or why not?

C. BEGINNING ACTIVITY

Get ready • The purpose of this activity is to help students realize that Jesus was fully human and felt the same emotions they do. During the activity a game board is constructed and used. If time is short, the game board can be created in advance. First, introduce the subject of emotions, noting that emotions are normal and that we all have them.

Get set • Pass out paper and pencils and have students list different emotions they've experienced. Then ask them to list emotions Jesus experienced on earth. Compile a master list with two columns: Emotions students experience; emotions Jesus experienced. Now transfer the complete list of emotions to a poster board as in the diagram.

Go • To use the board, place it on a table against a wall. Each person takes a turn throwing a coin at the board from a reasonable distance. Whatever emotion the coin lands on, the player must think of one situation from the Bible in which Jesus could conceivably have felt that emotion. He or she must also describe how Jesus expressed it.

To personalize this game even more, ask players to describe an occasion when they themselves experienced that particular emotion, and how they expressed it. They should also say how they think it might have been expressed more constructively, if applicable.

Debriefing • Ask: What was the importance of Jesus' fully going through human experiences? How do you see your relationship with Jesus, knowing that He also experienced human emotions? If He hadn't felt human emotions, how would that have affected the way He related to others?

D. BEGINNING ILLUSTRATION

In your own words, tell the following story:

In the late 1960s American news focused on veterans returning from the Vietnam conflict. But a veteran of another war was returning home as well. For 25 years he had hidden in the mountains of the Philippines. This Japanese World War II veteran, still clad in the ragged fragments of his uniform, was a frail, emaciated specimen of humanity. For 25 years he had lived in fear, not knowing that the war was over. Cut off from civilization, he had wandered through the jungles in isolation, barely surviving. When finally found wandering the Philippine jungles, he could hardly believe that the war was over. He thought that this news was merely a deceptive ploy of the enemy.—Mark Finley, *Solid Ground*, p. 86.

Debriefing • Say: For 25 years this man's fear had paralyzed him. He hid in the jungle afraid and didn't realize that the war was over and life had moved on.

Ask: What could have prevented the man from living in fear? What would have happened if he had spoken to someone and believed that the war was indeed over? How would it have helped him if he had someone he trusted that he could talk to?

Say: Having someone to talk to about your emotions is important. Keeping your emotions bottled up inside can be dangerous. Fortunately, there are others who are ready to listen to you and help you better understand your emotions: pastors, counselors, teachers, parents, friends, and most important—Jesus.

4 CONNECTING

A. CONNECTING TO THE KINGDOM

Present the following ideas in your own words:

You may have heard the phrase “A happy worker is a good worker.” Well, the same holds true in God’s kingdom. We are more effective agents in the kingdom when we are happy. When we have control over our emotions, we are more effective witnesses for God. That may be easier said than done.

Ask/Say: What helps you better deal with your emotions? We all have our own different ways of coping with emotions. Some may read, some may play sports, some may listen to music. There is no one right way of dealing with our emotions. However, today we’re going to talk about one of the most effective ways, according to the Bible.

B. CONNECTING TO THE LESSON ILLUSTRATION

Tell the students that the illustration in the student lesson tells the story of a man from his childhood till death. He began his life as a regular sort of guy from a bad neighborhood. He grew up and took over the family business. After some time he left it all just to wander around, talking to people. Soon after that, word got around that this guy was special; it seemed everywhere he went there was a crowd. And at the height of his fame, he was betrayed by someone close to him and was executed by a corrupt government.

Ask/Say: Do you think this man led a full life? Explain. This man seemed to have experienced life from all perspectives. He attained a famous status, yet remained down to earth enough to connect with common people. He understood and helped the rich and poor alike.

Ask: Do you think you would be able to connect with this man? Why or why not?

C. CONNECTING TO LIFE

Present the following ideas in your own words:

Jesus truly lived a full life. He played the role of child, teen, working man, preacher, teacher, celebrity, and everything in between. He experienced many of our feelings and yet He did not sin. Because of His close connection with God, His emotions were kept in check by His strong desire to please God in everything that He did. That can be a comforting feeling. Especially when you feel confused about your emotions. It’s great to know someone is there who does understand. It’s a reassurance that you are not alone. Jesus, having experienced human emotions, can be a great resource. What more qualified person is there than the One who not only created emotion, but experienced it as well?

Ask: But can you do it? Do you have the courage to trust Jesus to help you deal with the many and oftentimes confusing emotions you go through every day?

D. CONNECTING TO THE WORD

With the students together, or in small groups, distribute small slips of paper with one of the following texts on each. Ask them to read their text or texts and discuss what it is saying to kingdom citizens that can help them understand emotions. When discussion time is over, have each group share their text and their conclusions.

- >> Philippians 4:4, 7
- >> Ephesians 4:25-27
- >> 1 John 4:18-21
- >> Matthew 5:4
- >> Matthew 5:22-24
- >> Matthew 5:43-48
- >> Luke 7:32; 19:41; John 11:35
- >> Psalm 126:5, 6

5 APPLYING

A. APPLICATION ACTIVITY

Say: As human beings we naturally look for someone that is similar to us, someone who understands us. It's like dating; you look for someone with common interests. It works the same way when we need someone to talk to about our emotions. Talking about, expressing our emotions is a healthy way of dealing with them. A lot of times when you hear about someone with emotions similar to yours, it makes you feel good inside. It reassures you that you aren't alone in your thoughts and feelings.

Ask: What feelings do you get when you hear a Christian song that expresses exactly the way you feel inside? It's a great feeling, isn't it? Now wouldn't it be even better if there was an ultimate friend who would say stuff like that all the time? Someone you could talk to about all your problems, and they would just understand? They would respond in just the right way. Someone who knew you so well, they knew exactly what you needed when you needed it? **Ask:** What are some of the qualities this person would have?

Divide the class into small groups of three or four and supply them with paper and pens/pencils.

Say: Take five minutes or so to create the ultimate friend that we just talked about. Be as descriptive and creative as possible. List their job, their background, qualities that make them such a great friend. Customize this friend to fit your idea of the perfect friend.

Have groups share with the rest when they are finished.

Debriefing • Ask: Who do you know that best resembles that person? Do you think Jesus fits the mold of ultimate friend? Explain. How does Jesus compare to your ultimate friend?

Say: Whether you realize it or not, Jesus can

be that ultimate friend. As your Creator, He knows you better than you know yourself. All you have to do is give Him a try. Trust Him with your deepest emotions and let Him help you.

B. APPLICATION QUESTIONS

1. Do you feel that you can go to Jesus with your problems, emotional or otherwise? Why or why not?
2. What makes it difficult to approach Jesus with your everyday problems?
3. Who are some of the people to whom you can relate? What makes them easy to talk to?
4. How important is it for people to have gone through the same experiences before they can relate to each other? Is just a knowledge of events enough or do you need to have actually lived something to understand it?
5. Do you think it is important to deal with emotions rather than deny them? Why or why not?

6 CLOSING

SUMMARY

In your own words, conclude with the following ideas:

Emotions. We all have them. They can be great at times and confusing at other times. To truly deal with your emotions you need to understand them. And that can be tough to do, especially when you really don't know what's going on inside your head.

But we've talked today about Jesus and His ability to identify with us, because He was one of us. We've gone through His life and found that He was a man of great emotion. He went to parties. He turned water into wine. He laughed and cried with His friends. He got angry with the Pharisees and trashed their business in the Temple. He felt the sting of betrayal. He felt the joy of being reunited with His Father. Maybe now you can really relate to Jesus and

feel you've found the one person you've been looking for. Wholeheartedly give Jesus a try as your best friend. When you feel great, tell Him about it. Say, "Thank You, Lord; that was great!" When you're angry, tell Him about it. When you feel you can't go on anymore and you just need a break, let Him know. He wants you to talk to Him. He is waiting and listening. Give Him a try.

Remind students that if their emotions ever get too overwhelming and they feel they can't

handle or deal with them, they should pray to God and talk to their parents, a teacher, pastor, or counselor. Caring adults are there to help them. Most important, Jesus is just a prayer away and always ready to help those who place their trust in Him.

Mad (Angry)	Sad (Hurt)	Glad (Happy)	Bad (Ashamed)	Afraid
furious outraged impatient aggravated irritated indignant wrathful frustrated resentful hostile depressed upset bitter vengeful hateful annoyed incensed	put down offended insulted wounded sorrowful disappointed grieved bereaved mournful lonely hopeless despairing helpless desolate rejected jealous envious unloved unhappy forlorn miserable crushed betrayed	joyful ecstatic enjoying laughing euphoric celebrating serene content calm peaceful confident silly playful carefree goofy excited elated free loved esteemed gratified good comfortable enthusiastic optimistic pleased jolly exuberant encouraged	embarrassed inferior degraded defective detestable withdrawn dejected abnormal shy guilty inadequate worthless humiliated	paranoid anxious worried scared intimidated frightened mistrustful dismayed horrified terrified threatened insecure apprehensive panicky alarmed overwhelmed frantic vulnerable



STUDENT LESSON

HANDLING EMOTIONS An Everyday Man

July 9, 2022

Sabbath

FOR STUDY

- » **Memory Text:** “Create in me a clean heart, O God, and renew a steadfast spirit within me” (Psalm 51:10, NKJV).
- » **Our Beliefs, no. 7, The Nature of Humanity:** “Man and woman were made in the image of God with individuality, the power and freedom to think and to do. Though created free beings, each is an indivisible unity of body, mind, and spirit, dependent upon God for life and breath and all else.”
- » Ellen G. White, *Thoughts From the Mount of Blessing*, pp. 92, 93

AN EVERYDAY MAN

Once there was a man who grew up in the projects, the worst neighborhood for miles. As a child he was pretty average-looking, even though he didn't act like the average boy his age. There was always something about him that made him different. It was as if he always had a purpose for whatever he did. He ended up not making much of himself when you compare him to all the important people of the time. He worked the same humble job his father had worked, and his father before him. Still stuck in the same neighborhood, with the same kids he'd grown up with. But as he approached mid-

dle age, something came over him.

Before he had had a purpose for what he did. But now it was as if he were on a mission! One day he just left, not even packing his stuff. He left everything—his work, his home, his family—everything. And he began to wander around the country. He became kind of a walking teacher, going around talking to people of all kinds and helping them with their problems. And overnight the man became famous. People followed him around everywhere! They couldn't get enough of him. He couldn't get a moment of peace! He went to grab some lunch, and there was a crowd. He went to visit some friends, and there was a crowd. He tried to take a nap, and there was a crowd trying to wake him up. He went from a nobody from the ghetto to someone everyone was talking about.

Soon the local government began to feel threatened by this guy's newfound popularity. They felt he could start a revolution and overthrow all they had worked for. So they began a huge smear campaign. They attacked him on every front. Called him everything from a liar to a law-breaker to the devil himself. They slowly turned the crowd against him, even got to those closest to him. Near the end, one of his very best friends sold him out to the police. And when they came to arrest him, everyone around him turned and ran. So there he was at the lowest, scariest, most vulnerable moment in his life. And he had to face it alone. Soon after, in fact overnight, he was tried, framed, and executed.

During Jesus' time on earth, He felt every emotion imaginable. He felt love, anger, pain,

fear, confusion, frustration, and helplessness—everything you feel. He was picked on and ignored. Then He was praised and glamorized, only to be betrayed and murdered. He was a nobody in a poor neighborhood. Then He became the most famous man in the country. That is why He understands everything you may experience and He is more than willing to help you. He has your best interest at heart!

Sunday
RESPONDING

- » Read John 16:33.
- » You know that Jesus was exposed to the frailties of human nature and its emotions. However, His strong connection with God shaped His character and sanctified His emotions. So He was able by God’s grace to resist every evil tendency or emotional problem. He became a perfect example for us in how to live and trust God. You know you can go to Him with all your problems. As the hymn “What a Friend We Have in Jesus” encourages us—“Take it to the Lord in prayer.” You can bring your problems, emotional and otherwise, to Jesus. He is waiting and longing to carry your burdens and give you His peace and the hope of a meaningful life with Him.
- » Sometimes it seems easier to connect with a friend whom you can see. But how do you relate to Jesus? What experience can you share with someone about how Jesus truly understands you?

Monday
BIBLE ANSWERS ON THE NATURE OF HUMANITY

- » Read 2 Corinthians 5:19, 20; 1 Thessalonians 5:23; 1 John 4:7.
- » Jesus came to give us an example of how to

live and how to trust and depend on God. He will help us to become the men and women He wants us to be—healthy in body, soul, and mind. When we surrender to Him and allow Him to work in our hearts, we will love ourselves and others.

- » What are some emotions in your life that you need to ask God to help you deal with?

- » Unscramble the following two verses (from the New King James Version) and answer this question: “If we can’t trust our own feelings, thoughts, and emotions, Whom can we always trust to help us?”

Ti wonk nac ohw dekciw 17: yletarepsed dna sgniht lla evoba 9 luftieced si traeh eht haimereJ

droL eht si epoh 17: esohw dna droL eht ni tsurt 7 ohw nam eht si desselb haimereJ

Tuesday
REFLECTING

- » Read Philippians 4:13, NKJV.
- » We can all be overwhelmed by emotions. One minute everything is fine, you’re having a great day. The next minute you open the

freezer, and someone has eaten all the ice cream. Your day is shot. Gone is your happy, carefree mood. Now all you can think is *Who ate my ice cream?*

- » Sometimes we let our emotions get the best of us. And for no apparent reason we let something as little as ice cream ruin our mood. One of the hardest parts of life is dealing with all the different emotions we feel. It's tough to understand these feelings and know what to do with them.
- » Even when we don't know what we're feeling, the Bible says, "And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words" (**Romans 8:26, NLT**). What a comfort it is to know that Someone out there understands our feelings—even when we don't!

Wednesday BIBLE INSIGHTS

- » The following texts are examples of people who had strong emotions. Read the following verses and then write beside each verse what emotions you believe were being felt. Texts are from the New International Version. You can go to BibleGateway.com to find this Bible version.

<p>"When his brothers saw that their father loved him more than any of them, they hated him and could not speak a kind word to him" (Genesis 37:4).</p>	<p>1. _____ 2. _____ 3. _____</p>
<p>". . . his brothers pulled Joseph up out of the cistern and sold him . . . to the Ishmaelites, who took him to Egypt" (Genesis 37:28).</p>	<p>1. _____ 2. _____ 3. _____</p>

<p>"Joseph said to his brothers, . . . 'I am your brother Joseph, the one you sold into Egypt! And now, do not be distressed and do not be angry with yourselves for selling me here, because it was to save lives that God sent me ahead of you.'" "And he kissed all his brothers and wept over them. Afterward his brothers talked with him" (Genesis 45:4, 5, 15).</p>	<p>1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____</p>
<p>"Joseph said to them, 'Don't be afraid. . . . You intended to harm me, but God intended it for good . . . , the saving of many lives. So then, don't be afraid. I will provide for you and your children.' And he reassured them and spoke kindly to them" (Genesis 50:19-21).</p>	<p>1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____</p>
<p>"One day, . . . Moses" "saw an Egyptian beating a Hebrew. . . . Seeing no one, he killed the Egyptian and hid him in the sand." "When Pharaoh heard of this, he tried to kill Moses, but Moses fled . . ." (Exodus 2:11, 12, 15).</p>	<p>1. _____ 2. _____ 3. _____ 4. _____</p>
<p>"Then Simon Peter, who had a sword, drew it and struck the high priest's servant, cutting off his right ear" (John 18:10).</p>	<p>1. _____ 2. _____ 3. _____</p>

<p>“When they came to the place called the Skull, they crucified him there. . . . Jesus said, ‘Father, forgive them, for they do not know what they are doing’” (Luke 23:33, 34).</p>	<p>1. _____</p> <p>2. _____</p>
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and let Him deal with them. Remember, Jesus invites us to come to Him and He will give us rest.

Thursday
CONNECTING

- » Read Matthew 11:28.
- » Review the memory text.
- » This week you’ve heard about all different types of emotions. You’ve read about people in Bible times who experienced very real emotions. Now what? Hopefully, you’ll decide to trust God! The important thing to remember in all of this is that Jesus has felt everything you have, and He truly does understand. He lived on earth as a man who experienced a whole range of human emotions.
- » Remember you have the Creator of emotions ready to help you any time you need Him. All you need to do is give Him a chance—go to God and pray. Tell Him about your feelings,

Friday
APPLYING

- » Read 2 Timothy 1:7, NKJV.
- » When you are in not so good a mood, it can feel as if it lasts forever. It’s pretty easy to dwell on the negative in life and forget about the good that happens. But focusing on the negative takes all the joy out of life. So this week, try to keep track of your ups and downs. When you’re feeling great, write it down. When you just feel like crawling into bed and not getting up, write it down. At the end of the week, look back and remember all those good feelings, because it’s the positive in life that makes life worth living.

 FEELING GOOD!	 WHAT’S THE USE?
Date: _____ Time: _____ Comments: _____ _____	Date: _____ Time: _____ Comments: _____ _____
Date: _____ Time: _____ Comments: _____ _____	Date: _____ Time: _____ Comments: _____ _____