



Handling Emotions

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 middle 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?

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 stsurT 7 ohw nam eht si des-selb 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!

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, and let Him deal with them. Remember, Jesus invites us to come to Him and He will give us rest.

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.

"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).	1. _____ 2. _____ 3. _____
". . . his brothers pulled Joseph up out of the cistern and sold him . . . to the Ishmaelites, who took him to Egypt" (Genesis 37:28).	1. _____ 2. _____ 3. _____
"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).	1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____
"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).	1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____
"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).	1. _____ 2. _____ 3. _____ 4. _____
"Then Simon Peter, who had a sword, drew it and struck the high priest's servant, cutting off his right ear" (John 18:10).	1. _____ 2. _____ 3. _____
"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).	1. _____ 2. _____

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: _____ _____ _____

