REALITY
REMASTERED

Christ & Your Emotions
Matthew 11:28-30
05.31.2020
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“Emotional health and spiritual maturity are inseparable. It is not possible for a Christian to be spiritually mature while remaining emotionally immature.”

- Peter Scazzero, *Emotionally Healthy Spirituality*

Part 1: What your emotions tell you about you.
Part 2: What Christ’s emotions tell you about Him (and how He feels about you).

Matthew 11:28-30
"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

"Ignoring our emotions is turning our back on reality. Listening to our emotions ushers us into reality. And reality is where we meet God…Emotions are the language of the soul. They are the cry that gives the heart a voice…However, we often turn a deaf ear — through emotional denial, distortion, or disengagement. We strain out anything disturbing in order to gain tenuous control of our inner world. We are frightened and ashamed of what leaks into our consciousness. In neglecting our intense emotions, we are false to ourselves and lose a wonderful opportunity to know God. We forget that change comes through brutal honesty and vulnerability before God."

- Dan Allender & Tremper Longman, *The Cry of the Soul*

Emotions are bad.
The result is we are afraid to feel.

Emotions are everything.
The result is we don't know why we feel.

Emotions are a doorway that lead you into relationship with God.

Psalm 42:11
"Why, oh my soul, are you in despair?"

Jeremiah 17:9
The heart is deceitful above all things and beyond cure. Who can understand it?

We are relational beings who can only be transformed by relationship.

What Christ's emotions tell you about Him (and how He feels about you).

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