

# The Emotional Man

Eccl. 3:4

## I. Exhaustion Lk.5:12-16

- a. Physical, psychological, emotional
  - i. They are all interconnected

## II. Anger Matt.23:33, 7:15

- a. Jesus was not angered by sinners
- b. Religious hypocrisy and false doctrine

## III. Sorrow Jn.11:33-36

- a. At the thought and experience of death
- b. At the knowledge of the sorrow it brings to others

## IV. Sympathy, Empathy and Compassion

- a. Sympathy – to understand what a person is feeling
  - i. Jesus saw through the sin to the sinner because He understood
- b. Empathy – To feel what a person is feeling
  - i. Only comes with close relationships
- c. Compassion – the willingness to DO something Lk.7:11-15

## V. Joy Jn15:10-11

- a. Lasting joy based on relationships that persevere
  - i. Not circumstances that change
- b. If you have joy, you will be happy!

## VI. The takeaway

- a. The truth
  - i. You are emotional – use it!
- b. Grace
  - i. Get boat loads when you are honest about your emotions