



## Feeling Jesus [Mark 3:1-6]

### 4-Feelings Exercise

1. Print out the 4-Feelings Handout with the four squares: Glad, Sad, Mad, Afraid.
2. Think of *someone* or *something* that you have a relationship with. Pick just one person, thing, or event. For example:
  - a. Person: parent, sibling, friend, pastor
  - b. Thing: church, company, career, school, the future
  - c. Event: promotion, a break-up, a best-friend's marriage, parents moving-in
3. Begin writing out things about the relationship that you're glad, sad, mad, and afraid about.  
For example: "I'm thankful that my best-friend found such a great wife. I'm sad we don't hang out as much anymore. I'm angry he doesn't seem to remember all the times I was there for him. I'm scared that our relationship will never be the same."
4. Share (Choose from any below):
  - a. Some of the things on your sheet
  - b. Whether anything about the exercise made you uncomfortable
  - c. How it felt to air out your feelings on to paper
  - d. Anything else you experience or discovered while doing the exercise
  - e. Why you think doing an exercise like this is useful to staying an authentic person?

**Some of us may have a sanitized view of Jesus' emotional life. We may think that He was similar to a "smiley content Buddha": totally detached, with nothing able to get underneath his skin.**

Brainstorm passages in the Gospels that run contrary to this view of Jesus' emotional life?

**October 11**

**What are some emotions that you learned were "improper" or "taboo" for Christians to feel or admit?**

Share an emotion that wasn't expressed in a healthy way in your family.

What was unhealthy about the way it was expressed?

How does that affect the way you interact with that emotion today?

**In the sermon, 3 reasons were given for why we resist accepting a multi-emotional reality:**

1. A false view of spirituality, where having one emotion is "holier" than having many
2. It hurts to hold on to conflicting emotions
3. Past experiences or previous role models

**Which reason do you relate most with? Why?**

**Do you take it as a good or bad thing that God is also a multi-emotional being? Why?**

Why is believing in a uni-emotional God spiritually destructive?

In what ways can we learn from the example of God or Jesus how to handle our conflicting emotions?