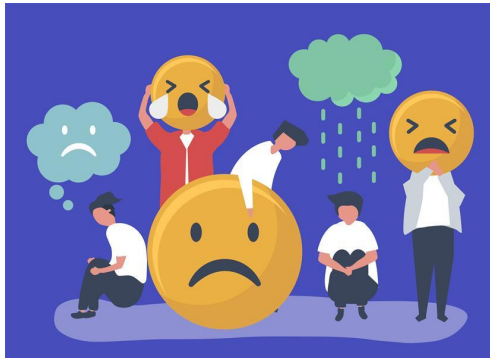


# Embracing and Handling Emotions



# Introduction

- To live, relate and minister – need to handle emotions
- Many are uncomfortable, unsure, nervous and incompetent in handling their emotions and that of others.
- Many are not in touch with their emotions





# Introduction

We suppress and are taught to suppress emotions

*Stop crying! Boys do not cry!*

We deny our negative emotions

We think that negative emotions are unspiritual

When others express their negative emotions, we are at a loss. Or we handle it wrongly

# Jesus had negative emotions

- When Jesus saw her (Mary) weeping, and the Jews who had come with her also weeping, **he was deeply moved in his spirit and greatly troubled.** Jn 11:33
- And Jesus entered the temple and **drove out all** who sold and bought in the temple, and he **overturned the tables** of the money-changers and the seats of those who sold pigeons. Mt 21:12

# Jesus had negative emotions

- “O Jerusalem, Jerusalem, the city that kills the prophets and stones those who are sent to it! How often would I have gathered your children together as a hen gathers her brood under her wings, and you were not willing! Mt 23:37
- And being in agony he prayed more earnestly; and his sweat became like great drops of blood falling down to the ground. Lu 22:44

# David had negative emotions

Ps 6:1-7

Have **mercy on me**, O LORD, for I ***am* weak**; O LORD, **heal me**, for my **bones are troubled**.

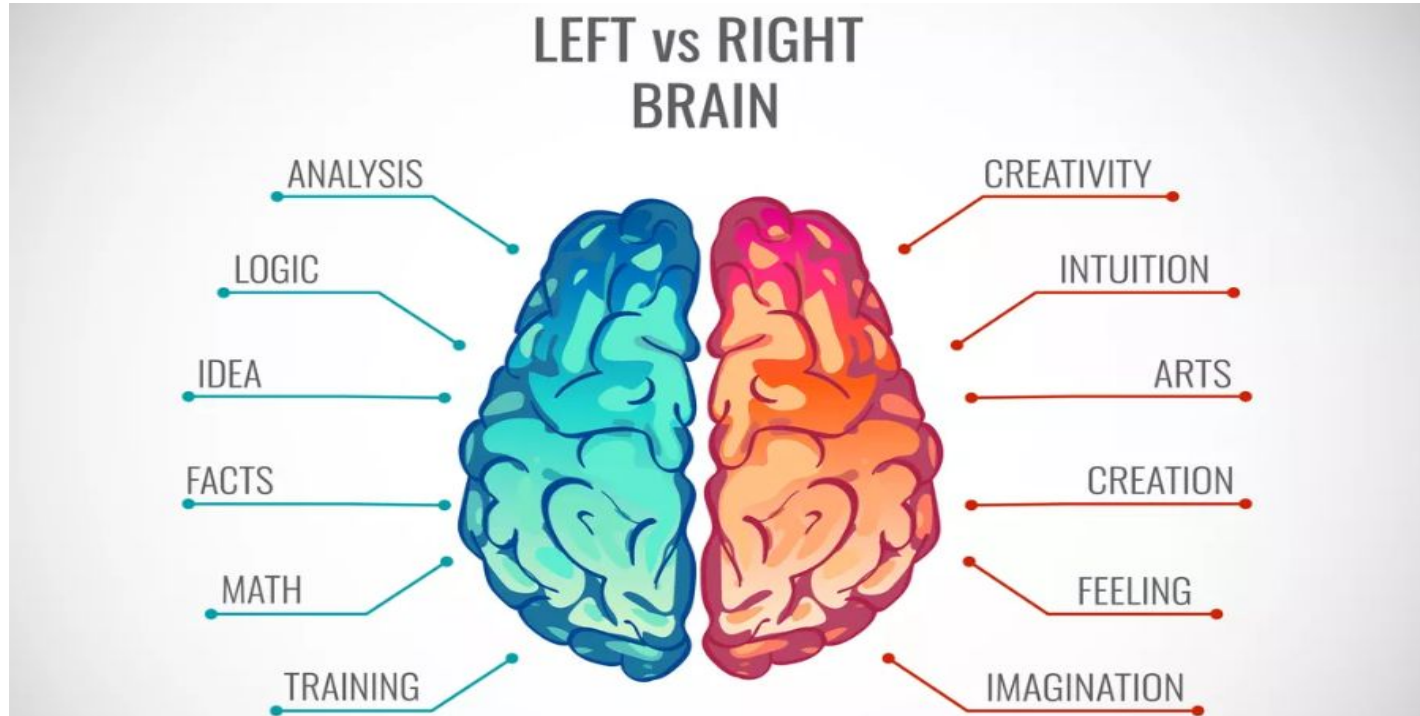
My **soul also is greatly troubled**; But You, O LORD—**how long?**

Return, O LORD, **deliver me!** Oh, **save me** for Your mercies' sake!

I am **weary** with my **groaning**; **All night I make my bed swim**; I **drench my couch with my tears**.

My **eye wastes away** because of **grief**; It **grows old** because of **all my enemies**.

# Activating and Functioning of the Right Brain



Both are created by God

Many have under-developed right brain



# Activating and Functioning of the Right Brain

- We will be enriched if we activate, develop and function in both the left and right brains.
- Emotion is part of our being and spirituality
- Allow and accept emotions

*Regulate destructive emotions (e.g. rage)*

*No prolong negative emotions*

# The Importance of Sympathy

- For we do not have a high priest who is unable to **sympathize** with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Heb 4:15
- If one member suffers, **all suffer together** ... 1 Cor 12:26
- Finally, all of you, have unity of mind, **sympathy**, brotherly love, a tender heart, and a humble mind. 1 Pet 3:8

# The Importance of Sympathy

Sympathize (sumpascho):

To suffer along with (sum - with, pascho - suffer)

To feel with another, to be touched with the feeling of another, to have compassion, to commiserate, to share in the suffering

*“To feel” with the suffering person, “to enter” into his feeling and “to sit with” him in the emotion*

# Sympathize by Entering and Accompanying

I shared my feelings of grief, sadness and pain

1. People give me scriptures
2. Give me advices (judgments)
3. Compare to others worse than me
4. Try to change my negative feelings

Will you do this to Jesus?

What will be most helpful to me?



# Sympathize by Entering and Accompanying

What I need most is that you **sympathize with me** (1 Pet 3:8) and that you **suffer together with me** (1 Cor 12:26)

That you **enter into my feeling** and **sit with (accompany) me** in my feeling of suffering

It is like I am **alone** in a dark room. You **enter** into the dark room and **sit with** me in the dark room

Accompanying me. Alongside with me

*Not standing outside my dark room and telling me this and that*

# Sympathize by Entering and Accompanying

You can say, “I notice your pain,” “I see your pain” “I feel your pain”

*No need to say too much*

*Just be alongside me*

*If I need to talk, just listen to me*

*If appropriate hold my hand*

This will make me feel supported – “lean on” (as I am about to fall), accompanied (I am so lonely)

# Sympathize by Entering and Accompanying

Sit with me in my emotions for a while – before leading me somewhere if appropriate

*Soothing, comforting, reassuring, strengthening*

“Suffer together” (1 Cor 12:26)

Is being in a **community of presence**

Therapeutic and makes the pain lighter

# Sympathize by Entering and Accompanying

*We sympathize because we follow after  
Christ who is able to sympathize.*

*We sympathize because the Bible teaches us  
to sympathize.*





# Conclusion

- Let us not deny and suppress emotions
- Let us be comfortable to accept and express emotions
- Let us sympathize with one another
- Let us enter into the suffering of others and accompany them
- Let us be a community of presence

