

JOY THROUGH BROKENNESS

HELP FROM THE GOSPEL IN THE HURTS OF LIFE

BROKEN EMOTIONS

1 PETER 5:5; JEREMIAH 17:9; ECCLESIASTES 9:3

The curse of sin has broken your emotions, but God is at work through the gospel of Christ to restore this essential aspect of your personhood.

1. How should you understand emotions?
 - a. Emotions are an _____ aspect of personhood; to be a person is to be emotional.
 - b. God is the pre-eminent Person, as revealed, in part, by His _____ responses.
 - c. Emotions are _____ to beliefs, values, and affections.
2. In what way are your emotions broken?
 - a. Your _____ person is broken by the curse of sin—your body, your mind, your spirit and will—so your emotional responses are also broken.
 - b. The _____ of sin has warped your beliefs, your values, and your affections, warping your emotional responses.
 - c. Your _____ have become a powerful potential for personal deception.

2. (continued)

Dispelling some modern myths about emotions.

- Emotions are always _____.
- Emotions are always _____.
- Emotions are always _____.
- Emotions are strictly _____.
- Emotions cannot be _____.
- Emotions can be "_____".

3. How is God at work to redeem your emotions?

- a. _____ involves the transformation of every aspect of our personhood.
- b. The gospel works to renew your beliefs, values, and affections, giving you more _____ over your emotions.

A close-up photograph of a broken piece of light-colored pottery, possibly a bowl or jar, lying on a rough, textured surface. The pottery is cracked and broken into several pieces, with some sharp edges visible. The background is a mottled, brownish-grey texture.

Joy Through Brokenness

Help from the Gospel in the Hurts of Life

The background image shows a large, irregularly shaped piece of light-colored, possibly ceramic or stone, material that has been shattered. The surface is covered in numerous cracks and fragments, with some sharp edges visible. The object is resting on a rough, textured ground that appears to be composed of small stones or pebbles. The overall tone of the image is somber and evocative, suggesting themes of fragility, loss, or emotional distress.

Broken Emotions

1 Peter 5:5

Jeremiah 17:9

Ecclesiastes 9:3

Introductory Thoughts

The Bible is filled with emotion.

*It speaks **to** our emotions
and speaks **emotionally** to us.*

*It speaks **of** our emotions
and expects emotions **from** us.*

1 Peter 5:5

All of you, in reference to one another
clothe yourselves with humility,
because God is opposed to the proud,
but gives grace to the humble.

Ecclesiastes 9:3

Furthermore, the hearts of the sons of men are full of evil,
and insanity is in their hearts throughout their lives.
Afterwards they go to the dead.

Jeremiah 17:9

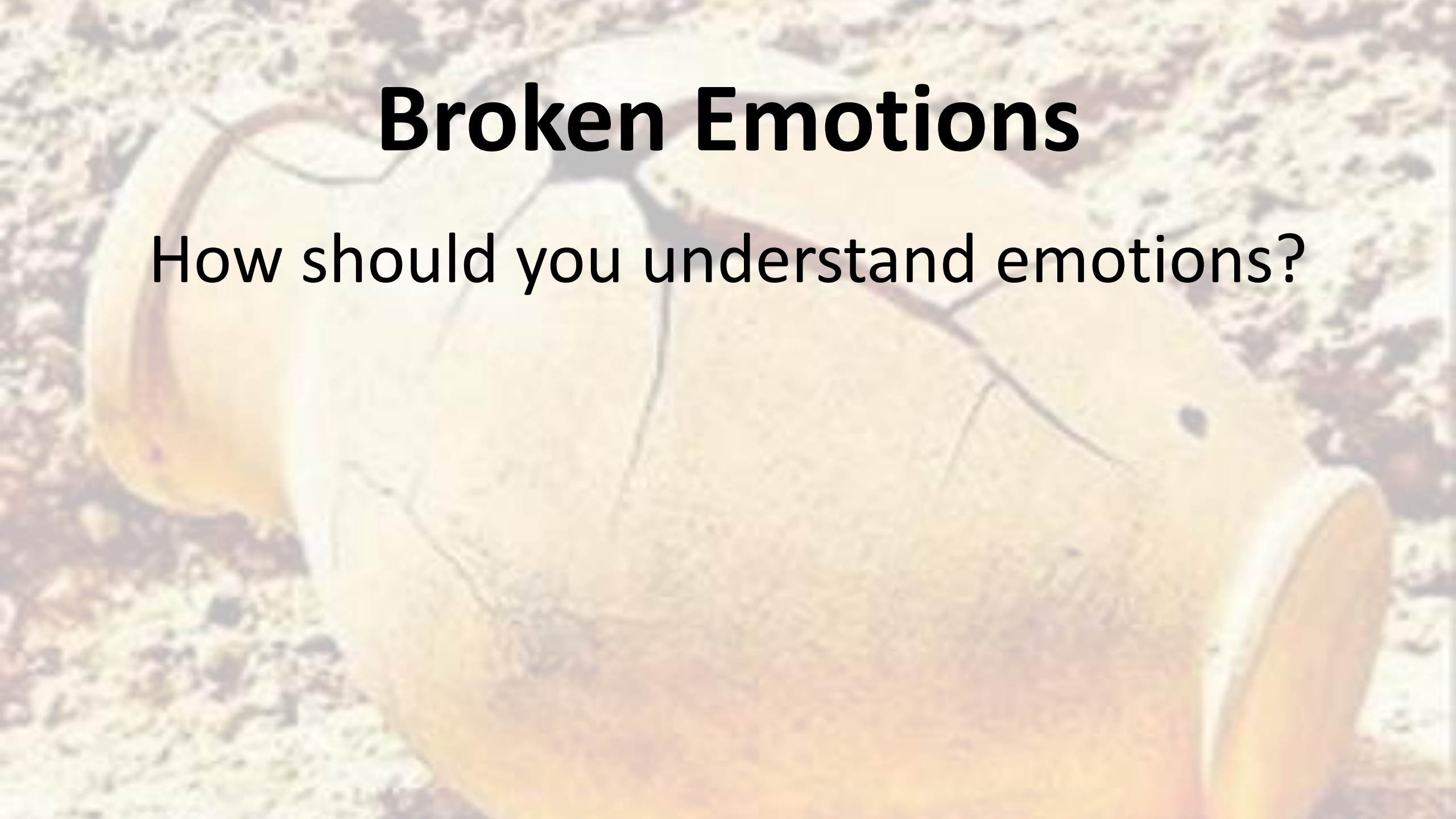
The heart is more deceitful than all else
And is desperately sick; Who can understand it?

Big Idea:

The curse of sin has broken your emotions, but God is at work through the gospel of Christ to restore this essential aspect of your personhood.

Broken Emotions

How should you understand emotions?

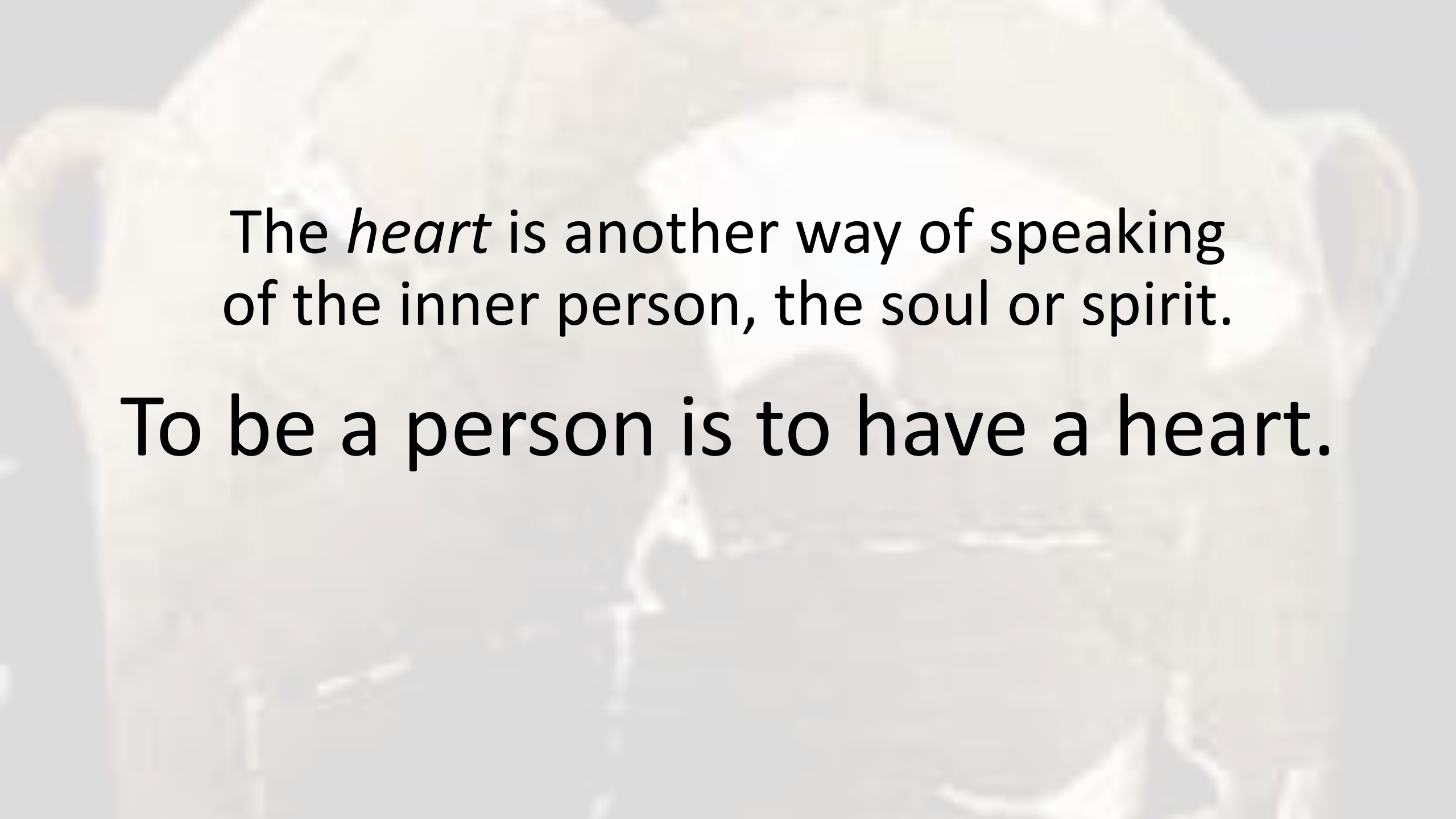


Understanding Emotions

Emotions are an essential aspect of personhood; to be a person is to be emotional.

Ecclesiastes 9:3

Furthermore, the hearts of the sons of men are full of evil,
and insanity is in their hearts throughout their lives.
Afterwards they go to the dead.



The *heart* is another way of speaking
of the inner person, the soul or spirit.

To be a person is to have a heart.

Emotion is an essential aspect of the heart.

Deuteronomy 6:5

And you shall **love** the LORD your God with all your heart and with all your soul and with all your might.

Jeremiah 15:16

Your words were found and I ate them,
And Your words became for me a **joy**
and the **delight** of my heart;

Emotion is an essential aspect of the heart.

Deuteronomy 28:47

Because you did not serve the LORD your God with **joy** and a **glad** heart, for the abundance of all things...

Proverbs 15:13

A **joyful** heart makes a **cheerful** face,
But when the heart is **sad**, the spirit is broken.

Ecclesiastes 7:9

Do not be eager in your heart to be **angry**,
For **anger** resides in the bosom of fools.

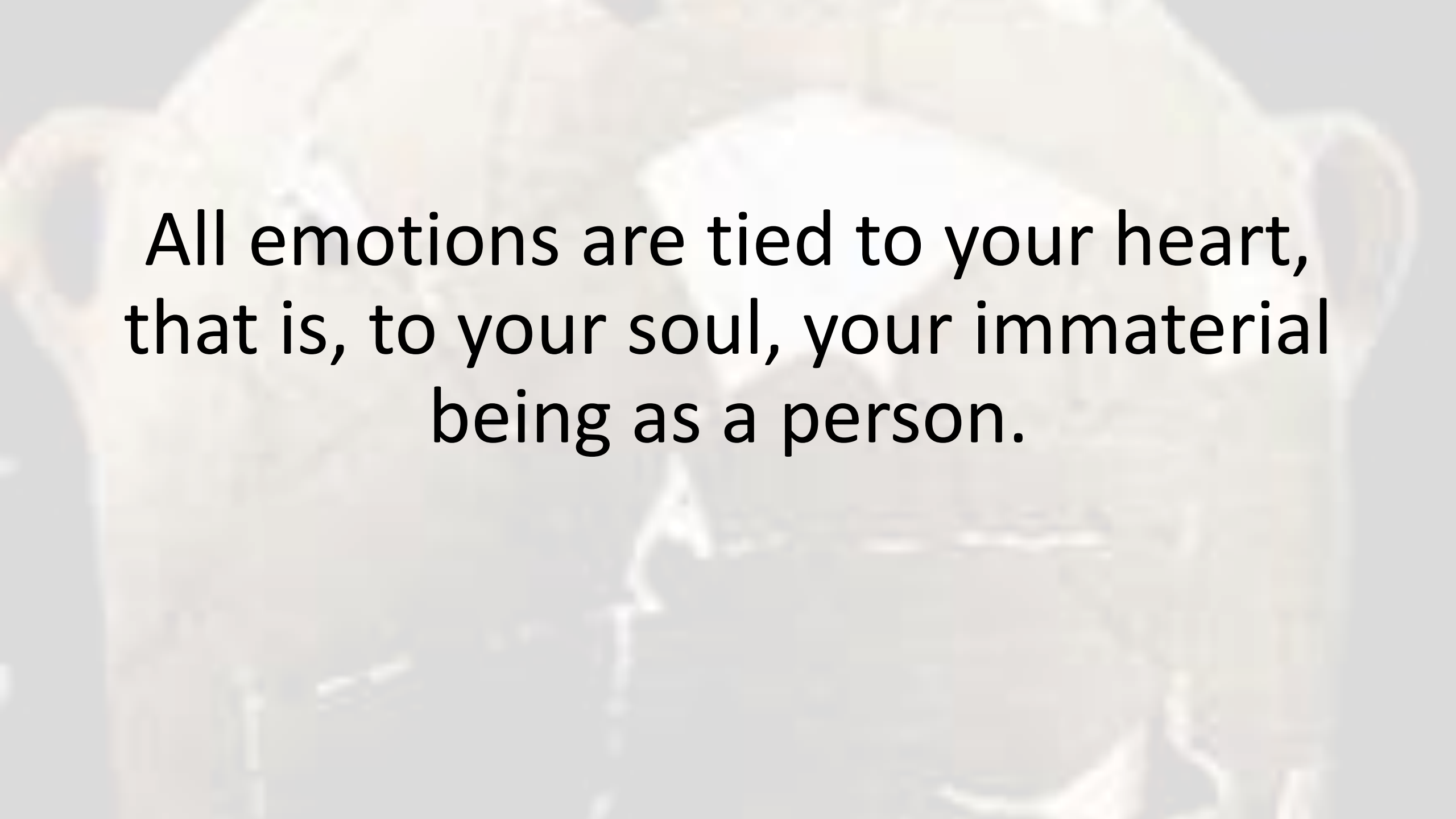
Emotion is an essential aspect of the heart.

Psalm 27:3

Though a host encamp against me,
My heart will not **fear**; though war arise against me,
In spite of this I shall be confident.

Romans 9:1-2

I am telling the truth in Christ, I am not lying,
my conscience bearing me witness in the Holy Spirit,
that I have great **sorrow** and unceasing **grief** in my heart.



All emotions are tied to your heart,
that is, to your soul, your immaterial
being as a person.

Understanding Emotions

Emotions are an essential aspect of personhood; to be a person is to be emotional.

*God is the pre-eminent Person,
as revealed, in part, by His emotional
responses.*

God's Emotion

Exodus 34:6

"The LORD, the LORD God, **compassionate** and gracious, slow to **anger**, and abounding in **lovingkindness** and truth...

Deuteronomy 10:15

Yet on your fathers did the LORD set His affection to **love** them, and He chose their descendants after them, even you above all peoples, as it is this day.

God's Emotion

Genesis 6:6

And the LORD was **sorry** that He had made man on the earth,
and He was **grieved** in His heart.

Deuteronomy 9:8

Even at Horeb you provoked the LORD to **wrath**, and the LORD
was so **angry** with you that He would have destroyed you.

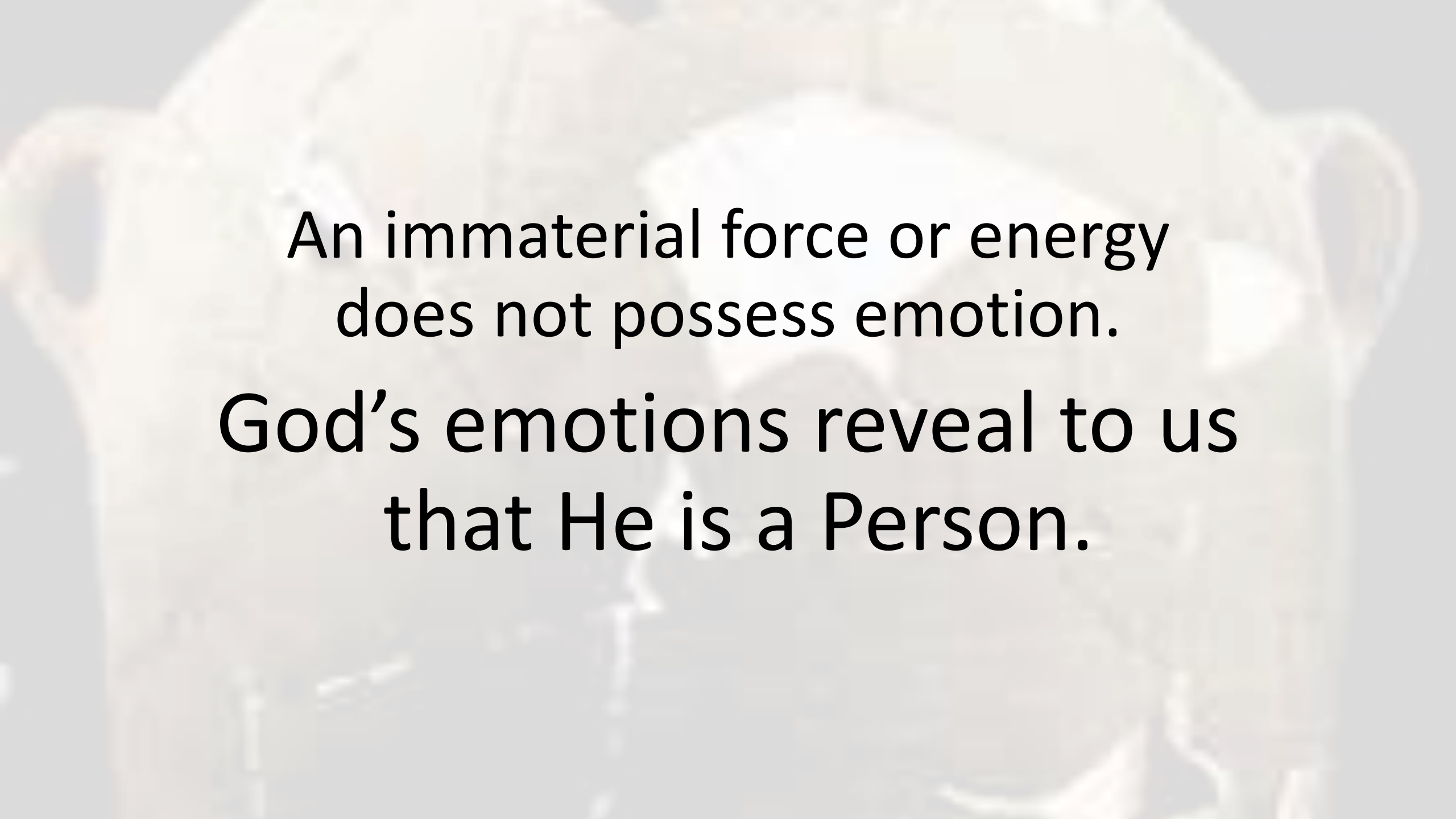
God's Emotion

Isaiah 62:4

It will no longer be said to you, "Forsaken,"
Nor to your land will it any longer be said, "Desolate";
But you will be called, "My **delight** is in her," And your land,
"Married"; For the LORD **delights** in you...

Zephaniah 3:17

The LORD your God is in your midst, A victorious warrior.
He will exult over you with **joy**, He will be quiet in His **love**,
He will rejoice over you with shouts of **joy**.



An immaterial force or energy
does not possess emotion.

God's emotions reveal to us
that He is a Person.

God's Personhood

Isaiah 54:6

“For the LORD has called you,
Like a wife forsaken and grieved in spirit, even like a wife
of one's youth when she is rejected,” Says your God.

Is the Holy Spirit a person?

Isaiah 63:10

But they rebelled and grieved His Holy Spirit;
Therefore, He turned Himself to become their enemy,
He fought against them.

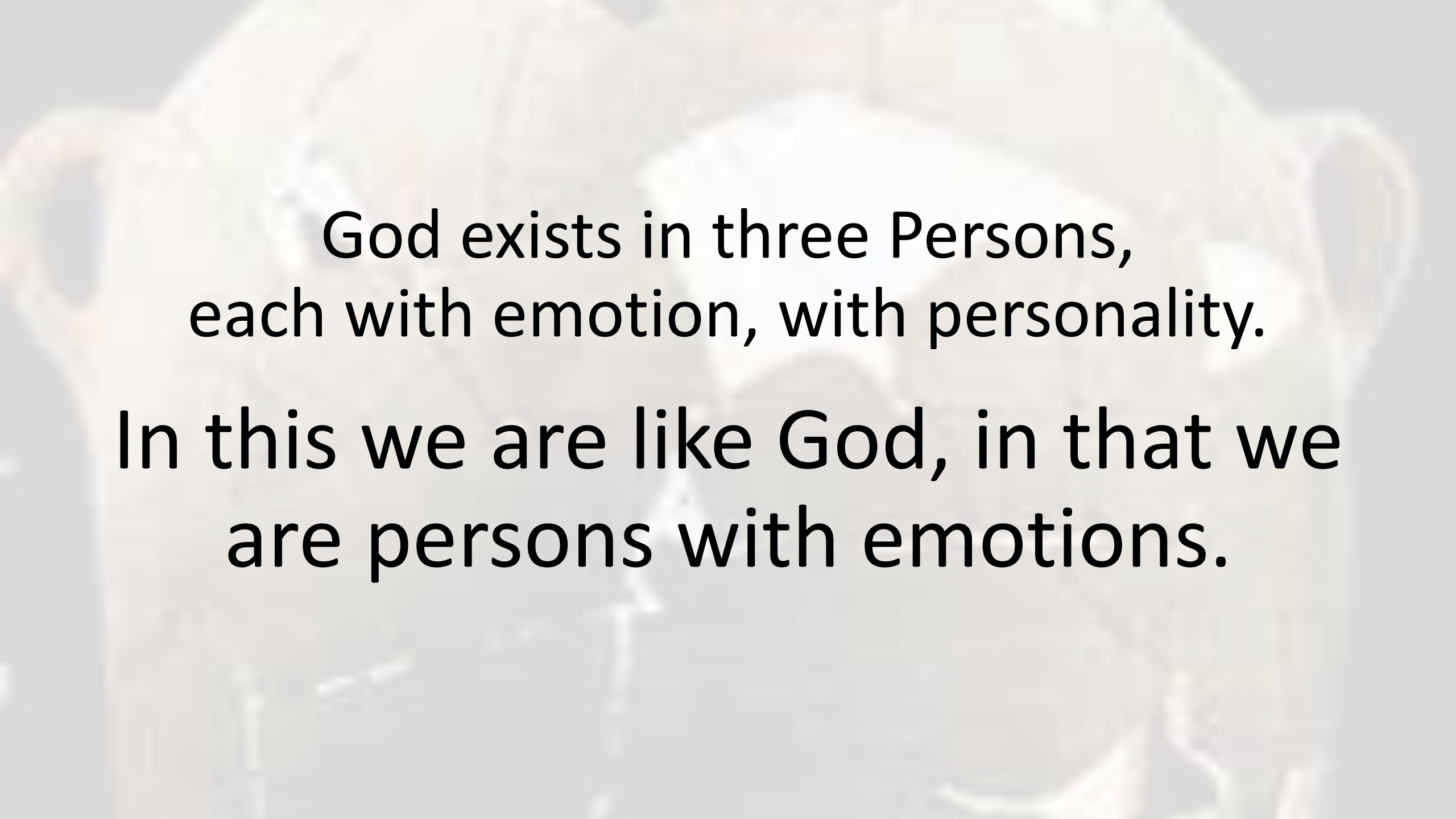
Ephesians 4:30

And do not grieve the Holy Spirit of God,
by whom you were sealed for the day of redemption.

The Son's Emotion

Psalm 2:12

Do homage to the Son,
lest He become **angry**, and you perish in the way,
For His **wrath** may soon be kindled.
How blessed are all who take refuge in Him!



God exists in three Persons,
each with emotion, with personality.

In this we are like God, in that we
are persons with emotions.

Understanding Emotions

Emotions are an essential aspect of personhood; to be a person is to be emotional.

God is the pre-eminent Person, as revealed, in part, by His emotional responses.

*Your emotions are responses to your
beliefs, values, and affections.*

Emotions and Belief

Matthew 8:26

And he said to them,
“Why are you afraid, You men of little faith?”

Galatians 5:6

For in Christ Jesus neither circumcision nor uncircumcision
means anything, but faith working through love.

Emotions and Values

Matthew 10:29-31

Are not two sparrows sold for a cent? And yet not one of them will fall to the ground apart from your Father. But the very hairs of your head are all numbered. So do not fear; you are more valuable than many sparrows.

Luke 12:34

For where your treasure is, there will your heart be also.

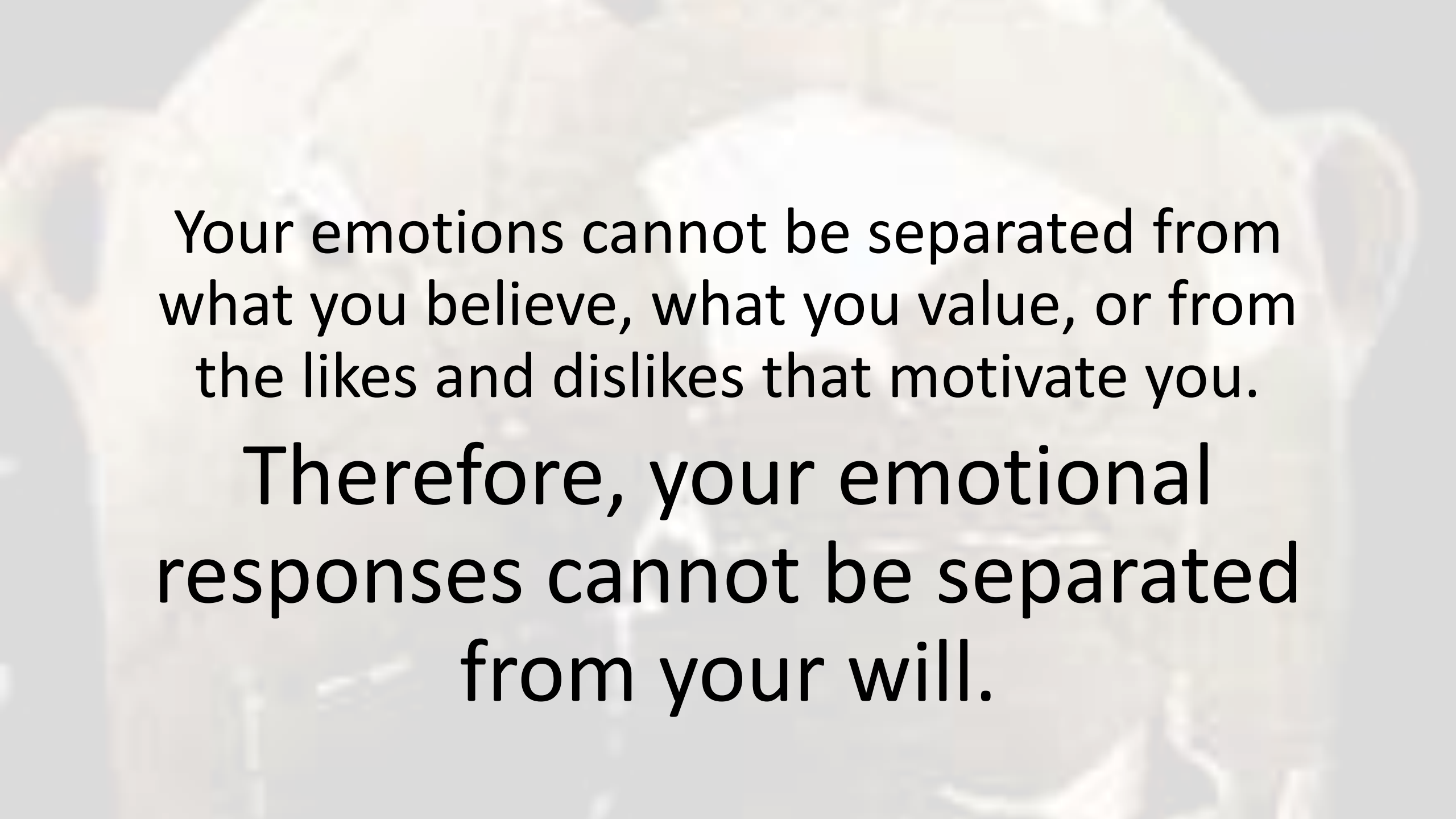
Emotions and Affections

Psalm 37:4

Delight yourself in the LORD;
And He will give you the **desires** of your heart.

James 4:1-2

What is the source of quarrels and conflicts among you?
Is not the source your pleasures that wage war in your members?
You **lust** and do not have; so you commit murder.
And you are envious and cannot obtain;
so you fight and quarrel.



Your emotions cannot be separated from what you believe, what you value, or from the likes and dislikes that motivate you.

Therefore, your emotional responses cannot be separated from your will.

Broken Emotions

How should you understand emotions?

In what way are your emotions broken?

Understanding Broken Emotions

Your whole person is broken by the curse of sin—your body, your mind, your spirit and will—so your emotional responses are also broken.

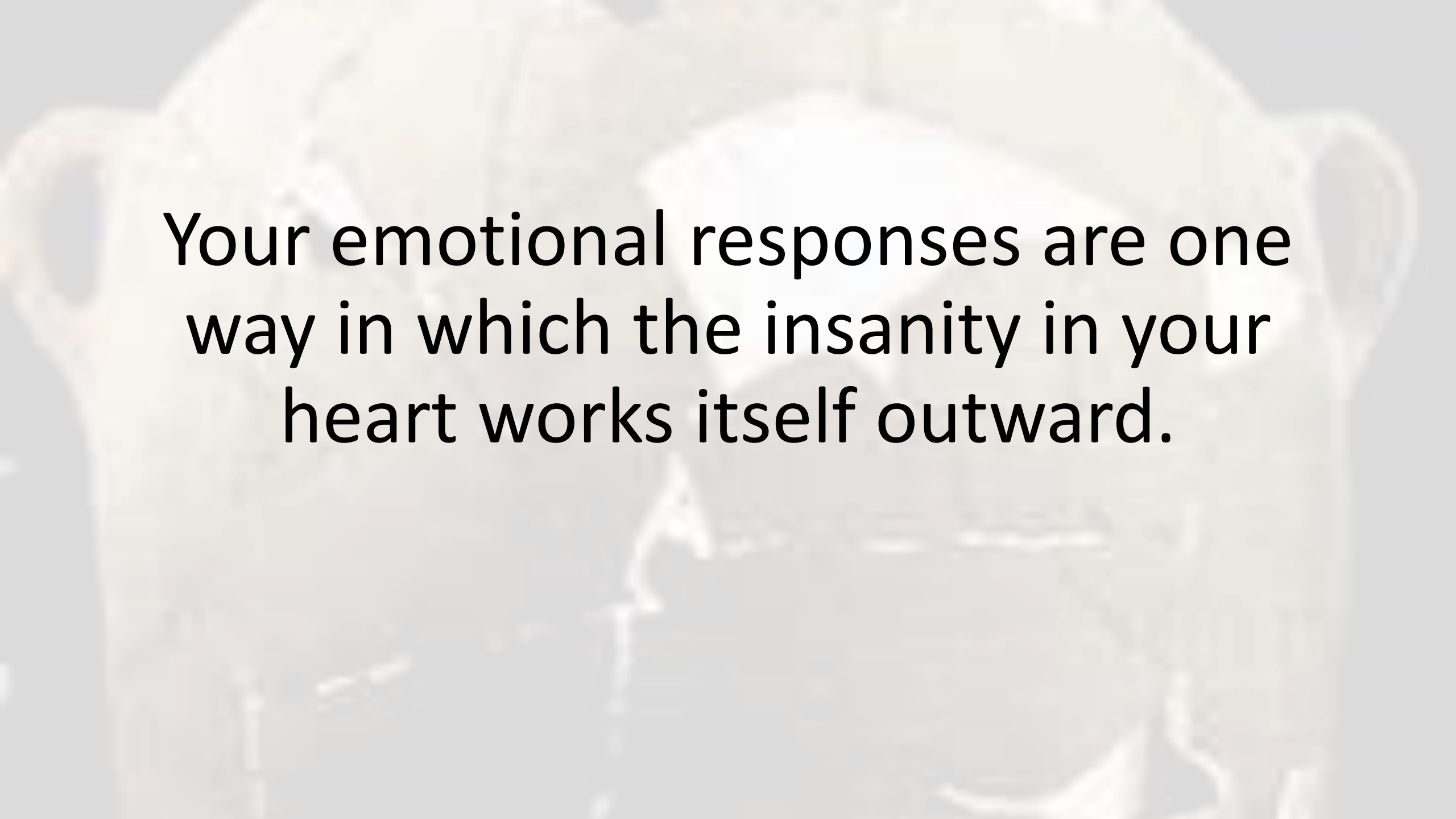
Jeremiah 17:9

The heart is more deceitful than all else
And is desperately sick; Who can understand it?

The whole of your inner person, your soul,
was made sick and subject to self-deceit.

Ecclesiastes 9:3

Furthermore, the hearts of the sons of men are full of evil,
and insanity is in their hearts throughout their lives.
Afterwards they go to the dead.



Your emotional responses are one
way in which the insanity in your
heart works itself outward.

Matthew 15:19

For **out of the heart** come evil thoughts, murders, adulteries, fornications, thefts, false witness, slanders.

All of these responses are connected to emotions in some way.

Understanding Broken Emotions

*Your whole person is broken by the curse of sin—your body, your mind, your spirit and will—
so your emotional responses are also broken.*

The curse of sin has warped your beliefs,
your values, and your affections,
warping your emotional responses.

Jeremiah 17:9

The heart is more deceitful than all else
And is desperately sick; Who can understand it?

The heart involves your beliefs,
values, passions, convictions, etc.;
and it was broken badly.

Warped Hearts/Warped Emotions

1 Peter 1:14

As obedient children, do not be conformed to the **former desires** which were yours in your ignorance...

John 15:19

“If you were of the world, the world would love its own; but because you are not of the world, but I chose you out of the world, therefore the world hates you.”

1 John 2:15

Do not love the world, nor the things in the world.
If anyone loves the world, the love of the Father is not in him.

The world loves and hates and
acts based on its beliefs, values,
and affections.

Understanding Broken Emotions

*Your whole person is broken by the curse of sin—your body, your mind, your spirit and will—
so your emotional responses are also broken.*

The curse of sin has warped your beliefs, your values, and your affections,
warping your emotional responses.

Your feelings have become a powerful
potential for personal deception.

The Deceitful Heart

Jeremiah 17:9

The heart is more deceitful than all else
And is desperately sick; Who can understand it?

Because your heart is broken,
be skeptical of your emotions and do not
allow your feelings to govern you.

But because your heart is more than
emotions, remember that they are
not *always* the culprit.

Modern Myths about Emotions

Emotions are always *neutral*.

Emotions are always *bad*.

Emotions are always *good*.

Emotions are strictly *biological*.

Emotions cannot be *controlled*.

Emotions can be “*wounded*”.

Broken Emotions

How should you understand emotions?

In what way are your emotions broken?

How is God at work through the gospel
of Christ to restore your emotions?



God at Work

Regeneration involves the transformation
of every aspect of your personhood.

Re-Generation

Ezekiel 36:26

Moreover, I will give you a **new heart**
and put a **new spirit** within you;
and I will remove the heart of stone from your flesh
and give you a heart of flesh.

2 Corinthians 5:17

Therefore if any man is in Christ, he is a **new creation**;
the old things passed away; behold, new things have come.

God's work of re-generation is
a renewal of your heart, that is,
a renewal of your whole inner
person or soul.

God at Work

Regeneration involves the transformation of every aspect of your personhood.

**Christ is at work through the gospel
to renew your beliefs, values,
and affections.**

Gospel Renewal

2 Corinthians 4:16

Therefore we do not lose heart,
but though our outer man is decaying,
yet our inner man is **being renewed** day by day.

Romans 12:2

And do not be conformed to this world,
but be **transformed** by the **renewing** of your mind,
that you may prove what the will of God is,
that which is good and acceptable and perfect.

Gospel Renewal

1 Corinthians 2:15-16

But he who is spiritual appraises all things,
yet he himself is appraised by no man.

For who has known the mind of the Lord, that he should
instruct Him? But **we have the mind of Christ.**

The gospel is at work to re-shape
your thinking, your value system,
and the delights of your heart.

This is why it is right that God
command your emotions.

Conclusion

Anger, sadness, fear, etc. are not things inside of you; they are an essential aspect of your personhood.

Because you are a new creation in Christ, you can change your heart, taking your emotions captive for Him.