



SESSION 4

The shape of our emotional maturity

Joanna Jackson

#BCUK2020

1

Emotional Maturity

Enlivened emotions

Transformed emotions



2

Enlivened emotions

"I am faint...my bones are in agony. My soul is in deep anguish" (Ps 6:2)

" I will exalt you, my God the King; I will praise your name for ever and ever. Every day I will praise you and extol your name for ever and ever" (Ps 145:1-2)



3

Enlivened emotions

“There is a time for everything...a time to weep and a time to laugh, a time to mourn and a time to dance...a time to love and a time to hate” (Eccl 3:1, 4, 8)



4

Seven horizontal lines for writing.

Enlivened emotions

- Jesus:
- A man of sorrows and acquainted with grief (Is 53:3)
 - Jesus wept (John 11:35)
 - Weeping over the city of Jerusalem (Luke 19:41-44)
 - Garden of Gethsemane (Luke 22:44)



5

Seven horizontal lines for writing.

Enlivened emotions

"I praise You, O Father, Lord of heaven and earth" (Luke 10:21)

"These things I have spoken to you, that my joy may be in you, and that your joy may be full" (John 15:11)

Jesus "loved righteousness and hated wickedness; therefore God...has anointed (him) with the oil of gladness beyond (his) companions." (Heb 1:9)



6

Seven horizontal lines for writing.

Enlivened emotions

- Indignant (Mark 10:13-16)
- Angered (Mark 3:5)
- Compassion (Matt 9:22)
- Frustration (Mark 4:35-41)



7

Enlivened emotions

- *deeply* moved (John 11:33)
- *eagerly* desired (Luke 22:15)
- *very* sorrowful (Matt 26:38)
- *full of joy* (Luke 10:21)
- offered up prayers...with *fervent* cries (Heb 5:7)



8

Enlivened emotions...through the gospel

John 16:33

"In this world you will have trouble...
But take heart! I have overcome the world"



9

Enlivened emotions...through the gospel

He will wipe away every tear from their eyes
(Rev 21:4)

"Those who mourn will be comforted" (Matt 5:4)

"Weeping may stay for the night, but rejoicing comes
in the morning!" (Ps 30:5)



10

Enlivened emotions...through the gospel

Sorrowful, yet always rejoicing (2 Cor 6:10)

Those who sow with tears, will reap with
songs of joy (Ps 126:5)



11

Enlivened emotions...through the gospel

"Jesus died, he was raised to life, and he will
return again to gather his children"
(1 Thes 4:13-18)



12

Transformed emotions...through the gospel

The reality of indwelling sin

"Love the Lord your God with all your heart, soul and mind" (Matt 22:37)

"Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting" (Ps 139:23-24)



13

Horizontal lines for writing

Transformed emotions...through the gospel

"What causes fights and quarrels among you?" (James 4:1)

"Look at the birds of the air... Are you not much more valuable than they?"

"Can any one of you by worrying add a single hour to your life?" (Matt 6:26-27)



14

Horizontal lines for writing

Transformed emotions...through the gospel

"Where were you when I laid the earth's foundation?" (Job 38:4)

"Is it right for you to be angry?" (Jonah 4:9)

"Who made your mouth?" (Ex 4:11)



15

Horizontal lines for writing

Transformed emotions...through the gospel

“But thanks to God that, though you used to be slaves to sin, you have come to obey from your heart the pattern of teaching that has now claimed your allegiance. You have now been set free from sin and have become slaves to righteousness.... so now offer yourselves as slaves to righteousness leading to holiness” (Rom 6:17-19)



16

Seven horizontal lines for writing.

Transformed emotions...through the gospel

“Conversion is the creation of new desires, not just new duties; new delights, not just new deeds; new treasures, not just new tasks”

John Piper, *When I don't desire God: How to fight for Joy*



17

Seven horizontal lines for writing.

Emotional Maturity

Enlivened emotions

Transformed emotions



18

Seven horizontal lines for writing.

Discussion Questions

1. How has your view of emotional maturity been impacted?
2. Which particular emotions are you most 'alive' to? How does Jesus and his gospel help extend and/or amend your emotional experience?
3. What emotions are you aware of, that most need to be transformed by the gospel? What is one practical step you can take towards growing in Christlikeness in this emotion?


