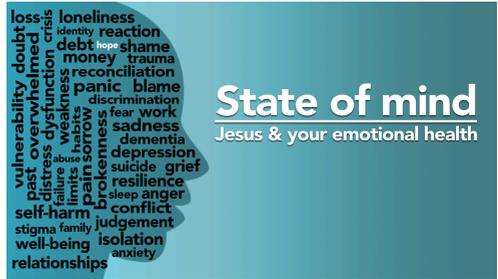


## Jesus & your emotional health

During the next two months, as a church, we are going to be going on a journey. Following Jesus, being his disciple is a journey. A journey of maturity.

Jesus was an emotional being.

- Jesus knew tiredness, even though he was worn out but in the midst of that to be moved with compassion. (Mark 6)
- He felt empathy and sorrow for a widow who had lost her son. (Luke 7)
- He was moved with Joy at the progress his disciples were making. (Luke 10)
- He experienced stress and anxiety at what he was about to face. (Luke 12)
- His zeal and passion for righteousness caused an angry response in the temple. (John 2)
- He was deeply moved at the loss of Lazarus his friend and he openly wept. (John 11)
- In the garden of Gethsamane, (Matt 26), Jesus was with his closest companions beside him, he became be sorrowful and troubled. Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me."



To be human is to feel emotion. Jesus was emotionally mature. Jesus was emotionally healthy. We are disciples of Jesus. Followers who apprentice to Jesus. Jesus life is the template to how we should love

Our emotional health is directly linked to our spiritual maturity. In fact, **"it is not possible for a 'Christian' to be spiritually mature while remaining emotionally immature.**

*How could you make room in your life to listen to Gods voice and be more aware of how you respond to situations?*

*How can you pay attention to your interior life in silence & solitude?*

*Which trusted companions will you join with for this journey?*

*Are you ready to be brave and move out of your comfort zone, allowing Jesus to transform you? What concerns you? What excites you?*

*To continue the conversation, share in your small group*