



# Matthew 26:36-38



“Emotional health and spiritual maturity are inseparable. It is not possible to be spiritually mature while remaining emotionally immature.”

- Pete Scazzero



# Two Positions on Emotions:



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1. Body then mind.



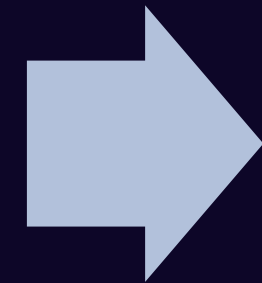
# Two Positions on Emotions:

1. Body then mind.
2. Mind then body (Historic Christian position).

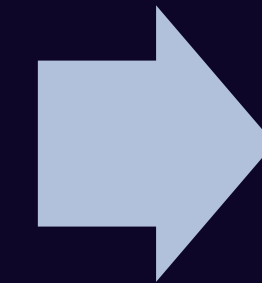


# Emotions:

EXPERIENCE



EVALUATION



EMOTION



Then Jesus went with them to a place called Gethsemane, and he said to his disciples, “Sit here, while I go over there and pray.” And taking with him Peter and the two sons of Zebedee, he began to be sorrowful and troubled.

**Matthew 26:36-38**





Then he said to them, “My soul is very sorrowful, even to death; remain here, and watch with me.”

**Matthew 26:36-38**









When he went ashore he saw a great crowd, and he had compassion on them, because they were like sheep without a shepherd. And he began to teach them many things.

**Mark 6:34**



Jesus wept.

John 11:35



And making a whip of cords, he drove them all out of the temple, with the sheep and oxen. And he poured out the coins of the money-changers and overturned their tables.

**John 2:15-17**



And he told those who sold the pigeons, “Take these things away; do not make my Father's house a house of trade.” His disciples remembered that it was written, “Zeal for your house will consume me.”

**John 2:15-17**



**Jesus was an emotional being.**



**Jesus was an emotional being.**

**AND**

**Jesus was perfect.**





**Emotions are not bad.**



**What do we do with our  
emotions?**



# Two bad approaches to emotions:



# Two bad approaches to emotions:

1. Suppress them.



# Two bad approaches to emotions:

1. Suppress them.

2. Obey them.



**Emotional maturity is having**

the right emotion,  
at the right time,  
with the right amount,  
for the right duration,  
because of the right reason – love.



“It is not possible to be spiritually mature while remaining emotionally immature. Many are supposedly ‘spiritually mature’ but remain infants, children, or teenagers emotionally.



They demonstrate little ability to process anger, sadness, or hurt. They whine, complain, distance themselves, blame, and use sarcasm - like little children when they don't get their way.





Highly defensive to criticism or differences of opinion, they expect to be taken care of and often treat people as objects to meet their needs.”

- Pete Scazzero





I appeal to you therefore, brothers,  
by the mercies of God, to present  
your bodies as a living sacrifice, holy  
and acceptable to God, which is your  
spiritual worship. Do not be  
conformed to this world,

**Romans 12:1-2**



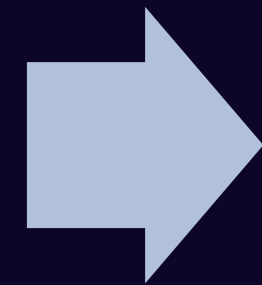
but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

**Romans 12:1-2**

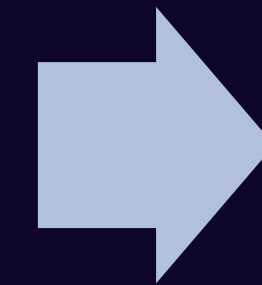


# Emotional Maturity:

EXPERIENCE



EVALUATION

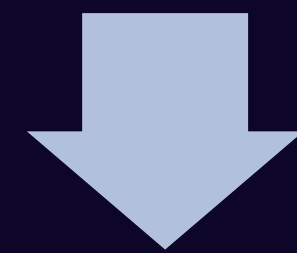


EMOTION

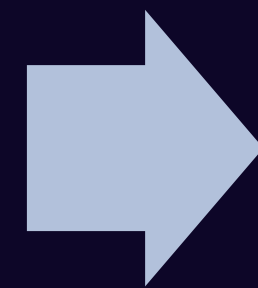


# Emotional Maturity:

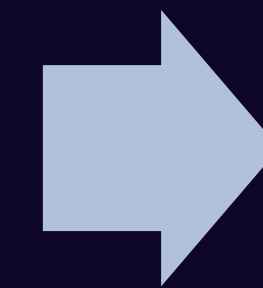
RENEWAL



EXPERIENCE



EVALUATION



EMOTION



**God, you can have my  
emotional life.**



