



new life fellowship

Sermon Title: **Life Beneath the Surface - The Emotional Life of Jesus**

Speaker: **Rich Villodas – Lead Pastor**

Scriptures: **John 11:35, Matthew 26, Matthew 21 & John 15:11**

Jesus and Grief - John 11:35

³⁵ Jesus wept. (NIV)

Jesus and Fear - Matthew 26 (v42)

⁴² He went away a second time and prayed, “My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done.” (NIV)

Jesus and Anger - Matthew 21 (v12-13)

¹² Jesus entered the temple courts and drove out all who were buying and selling there. He overturned the tables of the money changers and the benches of those selling doves. ¹³ “It is written,” he said to them, “My house will be called a house of prayer,’ but you are making it ‘a den of robbers.’” (NIV)

Jesus and Joy – John 15:11

¹¹ I have told you this so that my joy may be in you and that your joy may be complete. (NIV)

Sermon Summary:

This Sunday, we will start a new series focusing on **our emotional health through the lens of Jesus’ life and teachings**. Pastor Rich will open the series by connecting Jesus’ life to ours. Throughout the series, we will explore anger, fear, grief, joy, our family of origin, and more.

Sermon Questions:

1. How do you feel when you hear the question, “How are you feeling?”
2. What emotions were not accepted in the home you grew up in?
3. Jesus wants to transform us deep beneath the surface of our lives. Pastor Rich mentioned our tendencies to ignore our feelings and what is below the surface or become immersed in our feelings (marked by reactivity and emotionality). How do you tend to respond to your interior life?
4. Jesus was fully human and expressed and experienced emotions. Looking at our Scriptures and the life of Jesus, how does this impact the way you view expressing your own emotions?
5. Pastor Rich gave 3 invitations for us this week: pay attention to what your feelings reveal, pray attentively with your feelings, and to process your feelings in safe community. Where and when can you take time to live into these invitations this week? Take some time to pray now and ask God to help you if you are able.