

# Speaking to the soul



## Emotions

When Jesus saw [Mary](#) weeping and saw the other people wailing with her, a deep anger welled up within him, and he was deeply troubled. “Where have you put him?” he asked them. They told him: “Lord, come and see.” Then Jesus wept. The people who were standing nearby said, “See how much he loved him!” John 11:33-36

Very soon after this, Lazarus was brought back to life, but we shouldn't rush past this moment of intense emotion. Jesus was up against the great enemy of death, and he was clearly overwhelmed by the sense of tragedy. He had the power to overcome death but, in this moment, he fully entered into the sheer sadness of the situation. His dear friends Mary and Martha were clearly grief stricken, and as he went to see the body of Lazarus, nothing could hold him back from weeping. Those who looked on immediately saw this as a clear sign of his love for Lazarus. Even though Jesus was the resurrection and the life, he entered fully into the emotional turmoil of the circumstances.

The writer to the Hebrews described Jesus as being the great high priest who was supremely able to give us access into the holy presence of God. Jesus' sacrifice of himself was once for all. No further sacrifices would ever be necessary. However, he was only able to be the great high priest because he shared our humanity completely. He wrote: "It was necessary for him to be made in every respect like us, his brothers and sisters, so that he could be our merciful and faithful High Priest before God" (Hebrews 2:17). Jesus knew what it was to laugh and to cry, to know great joy and terrible sadness.

We worship Jesus as the Son of God but also as the Son of Man, the one who totally understands the emotional roller coaster of human life. He understands our times of laughter, and also the times when we are in distress and the tears flow. Isn't that wonderful?

## **QUESTION**

In what way have you been encouraged by Jesus' understanding of your emotions?

## **PRAYER**

Lord Jesus Christ, thank you that you are able to enter fully into the joys and sorrows of my life. Amen

