

My Friend Jesus Understands Me When I Am Tired and Lonely

Lesson 3

Introduction:

A. Feeling rights.

1. I have a right to my feelings.
 - a. God made me with emotions.
 - b. He made me with the capacity to experience sadness, fear, and anger as well as joy and contentment.
2. I have a right to feel as I do toward other people.
 - a. These feelings should be contrasted with actions coming out of those feelings.
 - b. Jesus, Who did not sin, was able to feel compassion, grief, and anger as well as other emotions.

Then Jesus, moved with compassion, stretched out *His* hand and touched him, and said to him, "I am willing; be cleansed" (Mark 1:41).

And when He had looked around at them with anger, being grieved by the hardness of their hearts, He said to the man, "Stretch out your hand." And he stretched *it* out, and his hand was restored as whole as the other (Mark 3:5).

3. I have a right to express my feelings.
 - a. Expression of feelings should be done openly, honestly, specifically, caringly, respectfully, and responsibly.
 - b. Feelings should also be expressed at the appropriate time, in the proper place, in adequate amounts, and toward the appropriate person.
4. I have a right and responsibility to listen and respond to the feelings of others.
 - a. One who truly listens to another, communicates:
 - (1) "I care about you."
 - (2) "You are important and valuable as a person."
 - (3) "You are not bad and terrible although you share your painful feelings with me."
 - b. Careful and concerned listening is a way of practicing the Golden Rule.

"Therefore, whatever you want men to do to you, do also to them, for this is the Law and the Prophets" (Matthew 7:12).

5. I have a right to process or work through my feelings.
 - a. Often when one is expressing painful feelings such as grief or anger someone will say, “You shouldn’t feel that way.”
 - b. However, this contradicts clear Bible teaching.

A time to weep,
And a time to laugh;
A time to mourn,
And a time to dance (Ecclesiastes 3:4).

Rejoice with those who rejoice, and weep with those who weep (Romans 12:15).

“Be angry, and do not sin”: do not let the sun go down on your wrath”
(Ephesians 4:26).

- c. To work through or put away feelings, these steps may be helpful:

Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you,
with all malice (Ephesians 4:31).

- (1) A person must become aware of having particular feelings – not deny the feelings.
- (2) An individual must correctly identify his feelings.
- (3) An individual must analyze his feelings and their origin thoroughly.
- (4) He needs to express the appropriate amount of feelings at an appropriate time, in the appropriate place, toward the correct person(s) or event.
- (5) In working through feelings, a person must experience them – not just say feeling words; for example, crying until one is finished.
(Many of these thoughts came from *Managing Church Conflict*, by James A. Jones.)

- B. If this is true, Jesus understands me with all my feelings.

I. JESUS UNDERSTANDS ME WHEN I AM TIRED.

A. We can get weary in *well* doing.

And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart (Galatians 6:9).

B. Why do we get weary in well doing?

1. We have no hope; it seems nothing is being accomplished.

“For as the rain comes down, and the snow from heaven,
And do not return there,
But water the earth,
And make it bring forth and bud,
That it may give seed to the sower
And bread to the eater,
So shall My word be that goes forth from My mouth;
It shall not return to Me void,
But it shall accomplish what I please,
And it shall prosper *in the thing* for which I sent it”
(Isaiah 55:10,11)

Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your labor is not in vain in the Lord (1 Corinthians 15:58)

2. We may have a task that is too difficult.

“Now therefore, why do you test God by putting a yoke on the neck of the disciples which neither our fathers nor we were able to bear?” (Acts 15:10).

3. We may have more than we can do.

Now in those days, when *the number of* the disciples was multiplying, there arose a complaint against the Hebrews by the Hellenists, because their widows were neglected in the daily distribution. Then the twelve summoned the multitude of the disciples and said, “It is not desirable that we should leave the word of God and serve tables. Therefore, brethren, seek out from among you seven men of *good* reputation, full of the Holy Spirit and wisdom, whom we may appoint over this business; but we will give ourselves continually to prayer and to the ministry of the word” (Acts 6:1-4).

C. Jesus promised those who followed Him rest.

“Come to Me, all *you* who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke *is* easy and My burden is light” (Matthew 11:28-30).

D. He taught that principle to His disciples.

Then the apostles gathered to Jesus and told Him all things, both what they had done and what they had taught. And He said to them, “Come aside by yourselves to a deserted place and rest a while.” For there were many coming and going, and they did not even have time to eat. So they departed to a deserted place in the boat by themselves (Mark 6:30-32).

Immediately He made His disciples get into the boat and go before Him to the other side, to Bethsaida, while He sent the multitude away. And when He had sent them away, He departed to the mountain to pray (Mark 6:45, 46).

II. JESUS UNDERSTANDS ME WHEN I AM LONELY.

A. What does it mean to feel lonely?

1. Does it always mean that there are no people around?
2. How can we feel connected with ourselves and others when we are alone?

B. What are some times when people are likely to feel lonely?

1. When was a time when you felt lonely?
2. Is it permissible to express your painful feelings, even to God? Psalm 77

C. What do I need when I am lonely?

1. Relate a time when a friend was helpful.
2. What did that friend do or say that was helpful?
3. What do you learn from that?

D. Why can Jesus understand me when I am lonely?

From that *time* many of His disciples went back and walked with Him no more (John 6:66).

“But all this was done that the Scriptures of the prophets might be fulfilled.” Then all the disciples forsook Him and fled (Matthew 26:56).

E. Who will always be with me when I am obeying the Lord?

“Teaching them to observe all things that I have commanded you; and lo, I am with you always, *even* to the end of the age.” Amen (Matthew 28:20).

F. Who will be looking for me if I should stray away from the Lord?

“What man of you, having a hundred sheep, if he loses one of them, does not leave the ninety-nine in the wilderness, and go after the one which is lost until he finds it? And when he has found *it*, he lays *it* on his shoulders, rejoicing. And when he comes home, he calls together *his* friends and neighbors, saying to them, ‘Rejoice with me, for I have found my sheep which was lost!’ I say to you that likewise there will be more joy in heaven over one sinner who repents than over ninety-nine just persons who need no repentance” (Luke 15:4-7).

III. THE FACT THAT JESUS IS MY FRIEND CAN MOTIVATE ME TO SERVE OTHERS.

“Greater love has no one than this, than to lay down one’s life for his friends. You are My friends if you do whatever I command you. No longer do I call you servants, for a servant does not know what his master is doing; but I have called you friends, for all things that I heard from My Father I have made known to you” (John 15:13-15).

A. What does the word *friend* mean to you?

- B. What did you and I do to deserve and demand that Jesus be our friend, come to earth, and die for us?

But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us. Much more then, having now been justified by His blood, we shall be saved from wrath through Him (Romans 5:8, 9).

- C. “God loves you whether you like it or not!”
- D. In view of our lack of being deserving, and yet knowing that Christ did die for us, is our motivation grace or guilt?
1. Did Paul serve because he still was guilty or because Jesus had released him from his guilt?
 - a. How could he say that he was the hardest working apostle and not be bragging?

For I am the least of the apostles, who am not worthy to be called an apostle, because I persecuted the church of God. But by the grace of God I am what I am, and His grace toward me was not in vain; but I labored more abundantly than they all, yet not I, but the grace of God *which was* with me (1 Corinthians 15:9,10).

- b. How did he see grace as an opportunity for service and an occasion for praise? 1 Timothy 1:12-17
 2. Define grace in your own words.
 3. How can this motivate us to be more effective servants, friends, and leaders?