

Controlling our Emotions

- When do we command people regarding their emotions?
- In what way can that be a bad thing?
- In what way might it be a good thing?
- What commands does God give regarding our emotions?

**What does it look like to obey God
when He commands us to rejoice?**

Good News of Great Joy!

Luke 2:1-20

Christianity is historical

- Real people who lived real, daily, human lives
 - Joys and sorrows
 - Loved ones who suffered and died
 - Were unloved, alone, oppressed, hungry, ...
 - Uncertainty, fear, ...



Luke 2:1-20

1-5:

6-7:

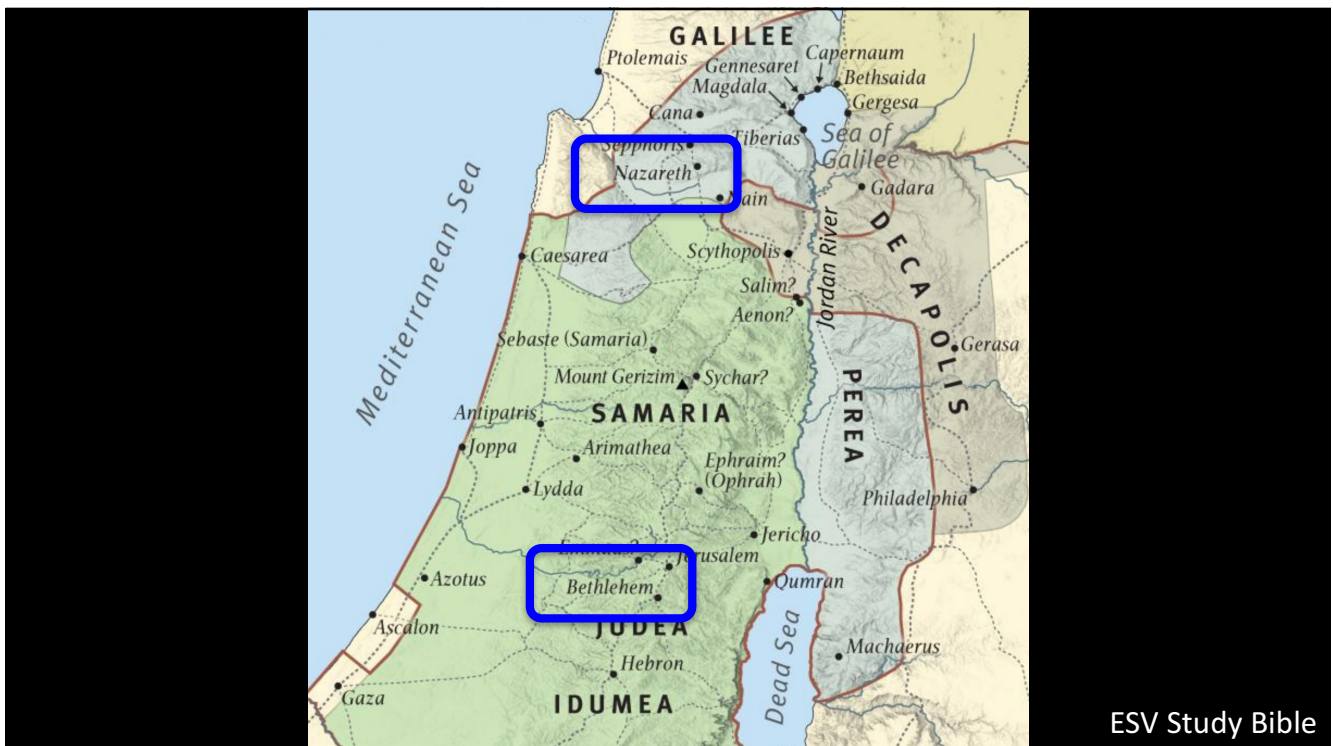
8-9:

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- Perhaps a theophany: appearance of God to people

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 - Perhaps a theophany: appearance of God to people
- 10-12: Angel's good news: birth of Savior, Messiah, Lord
- 13-14: Heaven's praises burst into a tiny corner of earth
- 15-16: Shepherds confirm the simple truth of the birth
- 17-20: Response: joy, wonder, praise, proclamation

The Big Idea

Christmas is great joy for all the people, because...

- Jesus is our Savior, is God's anointed, and is God
- He came in humility,
among the lowly,
and for the lowly



Application

- Controlling our emotions
 - Take my heart by the hand,
and walk it down the path of that emotion
 - Angry at people
 - Angry at God
 - Worried about future
 - Jealous of what others have
 - Regretting the past
 - Internalized judgment of self (racism, sexism, classism, elitism)
 - Don't follow your heart. Lead it!
 - Into joy...

Application

- Controlling our emotions
- Rejoice: wonder and awe

The Big Idea

Christmas is great joy for all the people, because...

GOD'S PROMISED RESCUER

- Jesus is our Savior, is God's anointed, and is God

SAVIOR!

CREATOR

SUSTAINER

GREATEST POSSIBLE BEING

- He came in humility,
among the lowly,
and for the lowly

NO MORE SELF-IMPORTANCE

NO MORE SELF-UNIMPORTANCE

HE WANTS NOBODIES!!

Application

- Controlling our emotions
- Rejoice: wonder and awe
- Glorify and praise God: tell self and others
 - Help others rejoice!

God says to you and to me:

Do not be afraid. **I** bring you **good news** that will cause **great joy** for all the people. Today in the town of David a **Savior** has been born to you; he is the **Messiah**, the **Lord**.

Hallelujah! For our Lord God Almighty reigns. Let us rejoice and be glad and give him glory!



Revelation 19:6-7