

Jesus' Emotional Crushing—Your Emotional Healing
Isaiah 53:5, 10; Mark 14:32-36

- I. Jesus contemplates prophecies of his crushing, Matthew 26:54; Isaiah 53:5& 10.
 - A. “Crush”-to “crumble, beat to pieces, break in pieces.”
 - B. Comes from Hebrew “to collapse, physically or mentally; break”.
 - C. Psalm 34:18 Related Hebrew word for “powder”.
- II. Contemplating physical suffering produced emotional crushing, Mark 14:32-36.
 - A. “He began to be deeply distressed and troubled”, Mark 14:33.
 - 1. “To astonish utterly, fill with fear.”
 - 2. “Be full of heaviness, saturated with loathing.”
 - B. “My soul is overwhelmed with sorrow to the point of death.”
 - 1. “Intensely sad.”
 - 2. Sadness that feels like death.
- III. Back from the brink of emotional destruction, Luke 22:41-44; Mark 14:42; John 18:6.
- IV. The crushing completed.
 - A. Jesus feels rejection, Luke 19:41-42; Isaiah 53:3.
 - B. Jesus feels Peter’s denial, Luke 22:60-61.
 - C. Jesus feels very low, Psalm 22:6.
 - D. The crushing blow to his emotions, Psalm 22:1; Mark 15:34.
 - E. Jesus’ complete & eternal emotional victory, Luke 23:46.
- V. Jesus’ emotional victory provides emotional healing for God’s children.
 - A. Jesus promises to share his healthy emotions with us, John 14:27; 15:11; 17:13.
 - B. He experienced our emotional crushing, so we can experience his emotional health, Galatians 5:22-23.
 - 1. When God’s Spirit and a human spirit meet, an exchange takes place.
 - 2. He absorbs our ill health.
 - 3. We absorb his good health.
 - C. Jesus becomes our emotional victory, Galatians 2:20.