

Jesus Wept The Bible and Human Emotions Lesson 1 1Q 2011

Emotions

In the introduction to the quarterly we read in the first paragraph:

“One could argue justifiably, that emotions rule our lives to a much greater extent than reason does or ever could.”

Thoughts about this idea?

Is it true that in the world many, perhaps most, people are ruled by their emotions?

But what about the idea that emotions rule our lives to a greater extent than reason ever could? Is this true?

Is it God’s design that emotions should “rule” our lives?

James 1 tells us it is our emotions or desires that lead us into temptation – but Jesus said truth will set free. Are emotions to be a guiding light to rule over us?

Feelings can lie – we can have powerful feelings that are 100% false. Any examples?

Should we rely on our feelings as a guide to action? What about impressions, can we trust impressions, perhaps impressions of the Holy Spirit?

- They [some unconverted ministers] have occasionally a flight of feeling, which gives them the impression that they are indeed children of God. **This dependence upon impressions is one of the special deceptions of Satan.** *Testimonies*, vol. 2, p. 505.5 (Oct. 25, 1868); *RH* May 19, 1885
- **Impressions alone are not a safe guide to duty.** The enemy often persuades men to believe that it is God who is guiding them, when in reality they are following only human impulse.

Acts of the Apostles 279 (1911); *Advent Review and Sabbath Herald*, August 24, 1911

- Counterfeit holiness, spurious sanctification, is still doing its work of deception. Under various forms it exhibits the same spirit as in the days of Luther, diverting minds from the Scriptures and leading men **to follow their own feelings and impressions** rather than to yield obedience to the law of God. This is one of Satan's most successful devices to cast reproach upon purity and truth. *The Spirit of Prophecy*, vol. 4, p. 152 (1884); *Great Controversy* 193 (1888)
- We must go to the people **with the solid Word of God**; and when they receive that Word, the **Holy Spirit may come, but it always comes, as I have stated before, in a way that commends itself to the judgment of the people**. In our speaking, our singing, and in all our spiritual exercises, we are to reveal that calmness and dignity and godly fear that actuates every true child of God. . . (*LDE* 93)
- I am **afraid** of anything that would have a tendency to turn the mind away from the **solid evidences** of the truth as revealed in God's Word. I am afraid of it; I am afraid of it. We must bring our **minds within the bounds of reason**, lest the enemy so come in as to set everything in a disorderly way. There are persons of an excitable temperament who are easily led into fanaticism; and should we allow anything to come into our churches that would lead such persons into error, we would soon see these errors carried to extreme lengths, and then because of the course of these disorderly elements, a stigma would rest upon the whole body of Seventh-day Adventists. . .
- **It is through the Word—not feeling, not excitement—that we want to influence the people to obey the truth**. On the platform of God's Word we can stand with safety. The living Word is replete with evidence, and a wonderful power accompanies its proclamation in our world." MS 115, 1908; *Selected Messages*, vol. 3, pp. 372-375; portions in *Selected Messages*, vol. 2, pp. 43,44; VSS 290; *LDE* 93; "The Ralph Mackin Story," *Review and Herald*, Aug. 17, 1972

Thoughts?

On the second page of the introduction the lesson states, “We are, today, thousands of years from the ‘tree of life’ (Gen 2:9). The DNA is wearing thin. We’re damaged goods, and, contrary to the myths of evolution, we’re getting only worse.”

Thoughts?

The human genome is damaged – how would you classify this damage?

Scripture says we are born in sin conceived in iniquity (Ps 51). What does this mean?

The kingdom of heaven is likened unto a man that sowed good seed in his field: ²⁵but while men slept, his enemy came and sowed tares also among the wheat, and went away. ²⁶But when the blade sprang up and brought forth fruit, then appeared the tares also. ²⁷And the servants of the householder came and said unto him, Sir, didst thou not sow good seed in thy field? whence then hath it tares? ²⁸And he said unto them, An enemy hath done this. Mt 13:24-28

Christ never planted the seeds of death in the system. Satan planted these seeds when he tempted Adam to eat of the tree of knowledge which meant disobedience to God. Not one noxious plant was placed in the Lord's great garden, but after Adam and Eve sinned, poisonous herbs sprang up. In the parable of the sower the question was asked the master, "Didst not thou sow good seed in thy field? from whence then hath it tares?" The master answered, "An enemy hath done this" (Matt. 13:27, 28). All tares are sown by the evil one. Every noxious herb is of his sowing, and by his ingenious methods of amalgamation he has corrupted the earth with tares. {2SM 288.2}

What do you think it means to sow seeds of death into the system? Would it not mean, that after Adam sinned and Satan now had access to this biosphere he began mucking around with DNA?

Viruses are an example of Satan's amalgamations. Viruses operate on the system of Satan's government of selfishness, take, take, take all for the purpose of making more of "me" the virus.

How infected is nature? In the ocean in deep sea water it is estimated that there are 3 billion virus per liter of water, in coastal waters it is estimated there are 100 billion viruses per liter of ocean water. With the sea containing 1.4 billion cubic kilometers of water it is estimated it contains 4×10^{30} viruses. If a virus measures 0.1 micrometer and we put all viruses from the sea end to end that distance would be 4×10^{20} kilometers or 42 million light years in length. This is roughly 100 times the distance across the Milky Way Galaxy.

Reference:

http://books.google.com/books?id=emJIuSbbLkYC&pg=PA131&lpg=PA131&dq=viruses+in+the+ocean+distance+light+years&source=bl&ots=FcPcUU30j_&sig=hRaL7qjggOTIthatzhfDqW7if8I&hl=en&ei=NnoJTfuTCIqCsQPN1uXEDg&sa=X&oi=book_result&ct=result&resnum=1&ved=0CBoQ6AEwAA#v=onepage&q=viruses%20in%20the%20ocean%20distance%20light%20years&f=false

What about the human genome? Science has discovered that the human genome is filled with what used to be called "junk" DNA but now appears to be something called Transposons or Transposable elements. DNA that can move around and insert itself here and there within our DNA. It is now believed that up to 50% of the human genome is composed of TEs or foreign DNA which some are beginning to argue accounts for almost all disease with which human's suffer.

Below is a list of diseases associated with TEs:

AIDS
ALCOHOLISM
ALPORT SYNDROME
ALZHEIMER'S DISEASE
ANGELMAN SYNDROME
ASTHMA

ATAXIA TELANGIECTASIA
AUTISM
AUTOIMMUNE DISEASES
BIPOLAR DISORDER
BRUGADA SYNDROME - ARRYTHMIA
CANCER: BREAST
CANCER: CARTILAGE HAIR HYPOPLASIA
CANCER: LUNG
CANCER: LYMPHOMA
CANCER: MULIPLE MYELOMA
CANCER: NON-POLYPOSIS COLORECTAL
CANCER: PROSTATE
CANCER: THYROID
CARDIOVASCULAR DISEASE
CYSTIC FIBROSIS
DIABETES MELLITUS TYPE II
DiGEORGE SYNDROME
DUCHENNE MUSCULAR DYSTROPHY
DYSKERATOSIS CONGENITA
EPILEPSY
ESSENTIAL HYPERTENSION
FAMILIAL DYSAUTOSOMIA
FRAGILE X SYNDROME, AUTISM
FRIEDREICH CEREBELLAR ATAXIA
HIRSCHSPRUNG DISEASE
HYPERCHOLESTEROLEMIA, FAMILIAL
HYPER-FERRITINEMIA-CATARACT SYNDROME, FAMILIAL
HYPER-IgM SYNDROME TYPE 1
LUPUS ERYTHEMATOSUS
LYMPHOMA, B-CELL
MALARIA
MEASLES
MELANOMA
MENTAL RETARDATION
MULTIPLE SCLEROSIS
MYOCARDIAL INFARCTION
MYOTONIC DYSTROPHY
NEUROFIBROMATOSIS
PARKINSONS' DISEASE

PRADER-WILLI SYNDROME
 PSEUDOXANTHOMA ELASTICUM (PXE, GROENBLAD-
 STRANDBERG SYNDROME)
 PSORIASIS
 RETT SYNDROME
 RETINITIS PIGMENTOSA
 SCLERODERMA
 SPINOCEREBELLAR ATAXIA
 STROKE
 SCHIZOPHRENIA
 TAY-SACHS DISEASE
 TOURETTE SYNDROME
 VON WILLEBRAND DISEASE

Aren't you looking forward to Christ's return?

SABBATH

Read first paragraph, "Emotions are..." thoughts?

When God created Adam and Eve in Eden what kind of emotions did they experience before sin? Now, of course, they had the capacity to experience painful emotions, fear, anxiety, worry, but were such feelings part of the way God designed them to be?

Could we say negative emotions are a consequence of sin? Similarly, the feeling of suffocation is never experienced unless something cuts off one's air supply – there is the capacity to experience this feeling, but one never does unless something goes terribly wrong.

What went terribly wrong? How did sin effect human emotions?

From where do positive emotions arise? What contributes to or gives rise to positive emotions of peace, joy, contentment, happiness?

Any ideas?

What gives rise to negative emotions of fear, anxiety, dread, terror, heartache, abandonment, guilt, shame?

Can we uncover any underlying themes or principles from which all positive emotions arise and from which all negative emotions arise?

What emotion do you experience when someone is kind to you? When you choose to help another? When you are appreciated and accepted and valued for who you are?

What emotion do you experience when you are betrayed, lied about, attacked? What emotion do you experience when you betray your trust, lie about another, falsely accuse, steal or cheat?

What are the underlying themes?

Is there a connection between beneficence, altruism, love and other-centered living and positive emotions?

Is there a connection between selfishness, me first living and negative emotions?

Are these two types of living at all connected to God's and Satan's governments?

In what condition are we born?

What does God want us to experience? What is conversion? Is conversion primarily a change in religious affiliation? Is it denominational? Is conversion about changing one's doctrinal understanding or is it about a change of heart motive and attitude toward God and others?

SUNDAY

The lesson asks us to read 2Sam 13

In the course of time, Amnon son of David fell in love with Tamar, the beautiful sister of Absalom son of David.

² Amnon became frustrated to the point of illness on account of his sister Tamar, for she was a virgin, and it seemed impossible for him to do anything to her.

³ Now Amnon had a friend named Jonadab son of Shimeah, David's brother. Jonadab was a very shrewd man. ⁴ He asked Amnon, "Why do you, the king's son, look so haggard morning after morning? Won't you tell me?"

Amnon said to him, "I'm in love with Tamar, my brother Absalom's sister."

⁵ "Go to bed and pretend to be ill," Jonadab said. "When your father comes to see you, say to him, 'I would like my sister Tamar to come and give me something to eat. Let her prepare the food in my sight so I may watch her and then eat it from her hand.'"

⁶ So Amnon lay down and pretended to be ill. When the king came to see him, Amnon said to him, "I would like my sister Tamar to come and make some special bread in my sight, so I may eat from her hand."

⁷ David sent word to Tamar at the palace: "Go to the house of your brother Amnon and prepare some food for him." ⁸ So Tamar went to the house of her brother Amnon, who was lying down. She took some dough, kneaded it, made the bread in his sight and baked it. ⁹ Then she took the pan and served him the bread, but he refused to eat.

"Send everyone out of here," Amnon said. So everyone left him.

¹⁰ Then Amnon said to Tamar, "Bring the food here into my bedroom so I may eat from your hand." And Tamar took the bread she had prepared and brought it to her brother Amnon in his bedroom. ¹¹ But when she took it to him to eat, he grabbed her and said, "Come to bed with me, my sister."

¹² "Don't, my brother!" she said to him. "Don't force me. Such a thing should not be done in Israel! Don't do this wicked thing.

¹³ What about me? Where could I get rid of my disgrace? And what about you? You would be like one of the wicked fools in Israel. Please speak to the king; he will not keep me from being married to you." ¹⁴ But he refused to listen to her, and since he was stronger than she, he raped her.

¹⁵ Then Amnon hated her with intense hatred. In fact, he hated her more than he had loved her. Amnon said to her, “Get up and get out!”

¹⁶ “No!” she said to him. “Sending me away would be a greater wrong than what you have already done to me.”

But he refused to listen to her. ¹⁷ He called his personal servant and said, “Get this woman out of here and bolt the door after her.” ¹⁸ So his servant put her out and bolted the door after her. She was wearing a richly ornamented robe, for this was the kind of garment the virgin daughters of the king wore. ¹⁹ Tamar put ashes on her head and tore the ornamented robe she was wearing. She put her hand on her head and went away, weeping aloud as she went.

²⁰ Her brother Absalom said to her, “Has that Amnon, your brother, been with you? Be quiet now, my sister; he is your brother. Don’t take this thing to heart.” And Tamar lived in her brother Absalom’s house, a desolate woman.

²¹ When King David heard all this, he was furious. ²² Absalom never said a word to Amnon, either good or bad; he hated Amnon because he had disgraced his sister Tamar.

²³ Two years later, when Absalom’s sheepshearers were at Baal Hazor near the border of Ephraim, he invited all the king’s sons to come there. ²⁴ Absalom went to the king and said, “Your servant has had shearers come. Will the king and his officials please join me?”

²⁵ “No, my son,” the king replied. “All of us should not go; we would only be a burden to you.” Although Absalom urged him, he still refused to go, but gave him his blessing.

²⁶ Then Absalom said, “If not, please let my brother Amnon come with us.”

The king asked him, “Why should he go with you?” ²⁷ But Absalom urged him, so he sent with him Amnon and the rest of the king’s sons.

²⁸ Absalom ordered his men, “Listen! When Amnon is in high spirits from drinking wine and I say to you, ‘Strike Amnon down,’ then kill him. Don’t be afraid. Have not I given you this order? Be strong and brave.” ²⁹ So Absalom’s men did to

Amnon what Absalom had ordered. Then all the king's sons got up, mounted their mules and fled.

³⁰ While they were on their way, the report came to David: "Absalom has struck down all the king's sons; not one of them is left." ³¹ The king stood up, tore his clothes and lay down on the ground; and all his servants stood by with their clothes torn.

³² But Jonadab son of Shimeah, David's brother, said, "My lord should not think that they killed all the princes; only Amnon is dead. This has been Absalom's expressed intention ever since the day Amnon raped his sister Tamar. ³³ My lord the king should not be concerned about the report that all the king's sons are dead. Only Amnon is dead."

³⁴ Meanwhile, Absalom had fled.

Now the man standing watch looked up and saw many people on the road west of him, coming down the side of the hill. The watchman went and told the king, "I see men in the direction of Horonaim, on the side of the hill."

³⁵ Jonadab said to the king, "See, the king's sons are here; it has happened just as your servant said."

³⁶ As he finished speaking, the king's sons came in, wailing loudly. The king, too, and all his servants wept very bitterly.

³⁷ Absalom fled and went to Talmi son of Ammihud, the king of Geshur. But King David mourned for his son every day.

³⁸ After Absalom fled and went to Geshur, he stayed there three years. ³⁹ And the spirit of the king longed to go to Absalom, for he was consoled concerning Amnon's death.

Thoughts?

What emotion was motivating Amnon? Was it love? Why does the Bible say it was love – if the Bible says it is love shouldn't we believe the Bible?

Can we not take the Bible as it reads? Do we have to think through what it says? If we were to conclude that Amnon loved Tamar because the Bible said he loved her, would we draw the right conclusion?

What about people who read about God's anger or wrath and draw the conclusion that God is angry or wrathful?

What does love look like? If Amnon really loved Tamar how would he have treated her?

What do you think about Tamar asking Amnon to wait so they could be married? Was it a stalling tactic to get out of the room? Did she really want to marry him?

Why do you think Amnon "hated" her? Did he hate her? The Bible says he hated her – should we believe it? Or do we have to understand what it means?

Why did Amnon "hate" Tamar? Is it because she reminded him of his own evil heart and character? Is it because he actually felt guilty and hated himself for being so weak? So who did he really hate?

Then why would the Bible say he hated Tamar? Do we learn something from this story on how we should understand Scripture? Can we take everything as it reads and believe that is exactly what it means?

Don't we have to compare what is said with the evidence to draw the right conclusions? Doesn't Amnon's behavior and the facts of what happen enlighten us to understand his true motivations? That he neither loved nor hated Tamar but lusted after her and then hated himself?

Many people who study scripture make this type of error in regard to God and devise ideas about God that He is angry, wrathful, must inflict punishment, etc. Why? Because they don't incorporate all the evidence, but take passages as they read.

Any other thoughts about this story?

Read last paragraph, "As any woman...." Thoughts?

This is a great example of how feelings lie and deceive. I have had many patients who were molested, sexually abused and/or raped. In every case the person when they came to see me struggled with feeling ugly, dirty, nasty, impure, defiled, unworthy, inadequate, ruined, no good, disgusting etc.

In every case the victim felt like they were no longer the same pure, clean, virtuous person they were before the abuse. Why?

Because of the feelings associated with the event are so powerful they dominate the internalization of the experience.

Imagine you walk in and see a 35 year old man molesting a 5 year old girl or boy – do you think, “What a disgusting, gross, ugly, dirty, perverted little girl?” Of course not – you immediately think those things about the man – because “From the abundance of the heart the mouth speaks....”

The man’s behavior tells us about him, not the child. What does the child walk away feeling like? Is she or he? No!

What happens is that such an event causes very powerful negative emotions – which are appropriate to the experience but unfortunately almost always get attached to the self. Healing comes when we are able to allow the feelings to be experienced, but rightly place them where they belong, attached to the event and not the self.

I use the analogy of walking in a cow pasture....

Likewise, when a gross experience happens negative emotions are appropriate to the experience, but we remain unsullied in character, in personhood.

MONDAY

Read top paragraph, “Negative emotional...” this is true.

What impact do you believe modern society has on our emotions? Is it healthy or unhealthy?

Am J Psychiatry 2006 163:2141-2147 – The rate of depression markedly increased over the last 10 years

Comorbid Substance Use Disorders in the United States Between 1991–1992 and 2001–2002

Wilson M. Compton, M.D., M.P.E., Kevin P. Conway, Ph.D., Frederick S. Stinson, Ph.D., and Bridget F. Grant, Ph.D.

OBJECTIVE: The authors examined changes in the prevalence of major depression in the United States between 1991–1992 and 2001–2002 and sought to determine whether changes in depression rates were associated with changes in rates of comorbid substance use disorder. **METHOD:** Data were drawn from two large (Ns exceeding 42,000) cross-sectional surveys of representative samples of the U.S. population conducted 10 years apart. Both surveys used face-to-face interviews, the same diagnostic criteria, and consistent assessment instruments. Rates of past-year major depressive episode in the total samples and among subjects with and without co-occurring substance use disorders in major demographic groups were compared. **RESULTS:** From 1991–1992 to 2001–2002, the prevalence of major depression among **U.S. adults increased from 3.33% to 7.06%**. Increases were statistically significant for whites, blacks, and Hispanics and for all age groups. For Hispanic men overall and Hispanic women 18–29 years of age, rates increased but not significantly. The hypothesis that increases in the rates of depression could be explained by concomitant increases in co-occurring substance use disorders was supported only for black men 18–29 years of age. **CONCLUSIONS:** Rates of major depression rose markedly over the past decade in the United States, and increases were noted for most sociodemographic subgroups of the population. If the prevalence continues to increase at the rate it did during the past decade, the demand for services will increase dramatically in the coming years.

- In US increased wealth in the last 40 years but decrease in happiness, US is 157/173 in happiness of nations rated
- The farther from a park a person lives the higher risk of depression
- When stressed our brains activate an inflammatory cascade, two pathways both through the adrenal glands:
 - First – pituitary ACTH, Adrenals and cortisol
 - Second – Locus Ceruleus, norepinephrine (NE), Adrenals more NE and epinephrine EPI, which activate innate immunity, which is the inflammatory response, done in order to prime the system for potential injury.
- Innate immunity, shotgun approach, attacks foreign things generally and non specifically and causes much collateral damage to body tissue (inflammation). Fight or flight response.
- Acquired immunity is sniper, B cells, antibodies and specifies targets to attack, takes days or weeks to ramp up
- Stress and depression result in decreased acquired immunity and increased innate immunity and increased inflammation
- Cannot activate stress response without activating immune system

Our bodies have two general automated nervous systems – these regulate things like body temperature, heart rate, blood pressure, digestion, motility of food through the gut, alertness, breathing, etc.

These two general systems are the sympathetic and parasympathetic systems. The sympathetic system is generally the system associated with fear, anxiety, alertness, fight or flight, adrenalin. The parasympathetic is associated with calmness, digestion, and slowing things down.

Under stress the sympathetic system becomes more active and the parasympathetic less active. This means higher heart rate, blood pressure, GI upset, sleep problems and greater inflammation.

The sympathetic system will activate the immune response turning on white blood cells called macrophages which begin releasing inflammatory cytokines.

- Cytokines affect brain and cause fever, fatigue, loss of appetite, loss of joy and pleasure and impaired concentration
- Why does such a response, sickness exist? Body's response to fight off infection, if block fever increase mortality in reptiles and mammals and prolongs illness
- Same pathways are activated by psychosocial stress increasing inflammation as by infection, but this activation is much more marked in patients who are depressed
- Obesity increases inflammation
- Sedentary lifestyle increases inflammation
- Unhealthy diet (transfats) increases inflammation
- Social isolation increases inflammation
- Sleep deprivation increases inflammation
- Increase of cytokines is sine qua non of medical illness and medical illness is the number 1 factor in contributing to major depression, #2 is psychosocial stress

Within our immune system there are different types of cells. Some cells are used to turn the system on and others to turn it off. Think of the immune system as the national guard – it is designed to protect the country from invasion. Likewise the immune system is designed to protect the body from invasion.

And just as the national guard has officers to order an attack or to call off an attack, so too our immune system has cells to order attacks or call off attacks.

- T- helper cells
 - T – helper 1 fights things like TB, and when goes wrong causes autoimmune diseases, arthritis, Crohns disease, ulcerative colitis, fibromyalgia etc.
 - T –helper 2 which fights helminthes and when goes wrong causes allergies
 - T – regulator cells which turn off immune response, stop autoimmune disorders and increase IL-10 and TGF-beta cytokines which are very powerful anti-inflammatory cytokines

- Veterinary studies reveal lack of worms in dogs is set up for immune system disorders in people, we need saprophytic bacteria, gut flora, and some exposure to worms so that the immune system can learn to tolerate certain non dangerous life exposures and this occurs because of increase in Treg cells

- #1 predictor of low C-reactive protein, which means low inflammation, in people as adults is animal feces in the home as children

Bottom line, unremitting stress activates immune pathway leading to physical and mental illness.

TUESDAY & WEDNESDAY

Jesus emotional manifestations

What emotions were experienced by Jesus? Would not all emotions have been experience?

Heb 4:15 he was tempted in every way like us, and James 1:14 we are tempted when drug away and enticed by our own evil feelings or desires.

What motivated Jesus to action? Was it emotional? Was Jesus driven around by His emotions? Or was it a higher duty, which resulted in emotions?

Is love an emotion or does love include emotions as a piece of something much larger?

What is the greatest evidence of love in the universe? Would it not be Christ giving his life?

Greater love has no one than this, that he lay down his life for his friends. John 15:13

This is how we know what love is: Christ gave his life for us. We too, then, ought to give our lives for our brothers and sisters! 1John 3:16

When you look at Gethsemane, did Christ make this decision based on emotions?

THURSDAY

Read second paragraph, “The world seems...” thoughts?

Is it true that those who engage the world’s system experience genuine joy? Can they experience pleasure? Does the pleasure last?

Consider alcohol, drugs, illicit sex, gambling, thrill seeking, relationship addiction – is there any real joy in it? Can there be pleasure? What about genuine peace, joy, happiness, contentment, health?

What about the righteous, do the righteous have a free pass to escape pain, grief, suffering? But is there a transcendence that allows one to endure such trials and still have a sense of peace?

What is it? It is being connected to Christ, being on mission, being in unity with God, having purpose for the suffering. And thus, while Jesus did not sacrifice Himself based on emotions:

Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Heb 12:2

FRIDAY

Discuss question 2