

# The Mind of Christ and a Portrait of Emotions

Jesus used a wide range of “emotional” colors to paint a beautiful portrait for us of how we should live. His gospel reveals what it means to be fully human, and made in the image of God. His emotions reflect the holy image of God, and His mind - perfect control.

“But watch yourselves lest your hearts be weighted down with dissipation and drunkenness and cares of this life, and that day come upon you suddenly like a trap. For it will come upon all who dwell on the face of the whole earth. But stay awake at all times, praying that you may have strength to escape all these things that are going to take place, and to stand before the Son of Man.” (Luke 21:34-36)

Emotions are our feelings. And a basic of much emotional arousal is that there is a goal at stake somewhere. As a result, our emotions cause us to want and not want. Once we have what we wanted, we then have emotions about owning it. During his short time on earth, Jesus carefully walks us through the emotions he felt and how he controlled them.

- Emotions of wanting:
  
- Emotions of not wanting:
  
- Emotions of having:
  
- Emotions of not having:
  
- Other mind-changing emotions:

“So if there is any encouragement in Christ, any comfort from love, any participation in the Spirit, any affection and sympathy, complete my joy by being of the same mind, having the same love, being in full accord and of one mind. Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others. Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men.” (Philippians 2:1-7)