

Jesus Freed Me To Be Truly Human

Acceptance and Serenity - Lesson 3

“We will begin to feel and will come to know the vastness of our emotions, but we will not be slaves to them.” (“From Survival to Recovery,” p 269, Al-anon Family Group Headquarters, Inc. 1994)

In our insanity we have worked hard to get away from our feelings by getting high or other distracting and mind-numbing activities. Even though feelings like anger and grief and guilt are a normal part of human life, we didn't want to experience them. We didn't want to live human lives, and we tried to make ourselves less than human. And then when our feelings managed to get past our management systems we had no way of dealing with them, and they took over. We became the slaves of our human feelings, rather than human beings with feelings. How have you seen that happen in your life?

But Jesus came to this earth to completely take on human life. That meant feeling what human beings feel. Can you think of some examples from Jesus' life that showed his human feelings?

The most obvious and dramatic place where you can see Jesus experiencing his human feelings is at the crucifixion. “They offered him wine mixed with myrrh, but he did not take it” (Mark 15:23) – in other words, Jesus refused to let his feelings be numbed, even when he was facing murder by torture. He was going to take on the whole human experience – including the punishment sinful human beings have coming to them – so that he could be the human Savior of human beings.

Now read John 19:16-27. What human feelings do you see Jesus having in...

- 17?
- 23-24?
- 25-27?
- 28?
- 30?
- What else?

How is this going to make a difference to you as you face your feelings without your chemical or other feeling management device?