Introduction:

Jesus did many miraculous things during His earthly ministry. But among them, some moments reveal not just His power—but His *heart*. One such moment is recorded in Mark 7:32–34, where Jesus healed a deaf and mute man in a deeply personal and emotional way. This encounter teaches us that true, godly emotions—especially compassion—are not manufactured by human effort. They are drawn from deep communion with God.

The Healing in Mark 7: A Different Approach

Mark 7:32–34

> “Then they brought to Him one who was deaf and had an impediment in his speech, and they begged Him to put His hand on him. And He took him aside from the multitude, and put His fingers in his ears, and He spat and touched his tongue. Then, looking up to heaven, He sighed, and said to him, ‘Ephphatha,’ that is, ‘Be opened.'”

Most of Jesus' healings were immediate and declarative—He often just spoke a word. But in this case, Jesus took the man aside, used physical gestures, *sighed deeply*, and then healed him. Why such a dramatic and intimate method?

The answer lies in Jesus' divine empathy. That *sigh* was not a breath of frustration—it was a sign of deep compassion and spiritual burden. This wasn't just a healing—it was a *moment of identification* with human suffering.

Rooted in Heaven

When Jesus "looked up to heaven," He wasn't merely gazing upward. He was *connecting with the Father*, drawing from the true source of love and mercy. This is a consistent pattern in His ministry:

John 5:19

> "Most assuredly, I say to you, the Son can do nothing of Himself, but what He sees the Father do…"

Jesus’ compassion wasn’t automatic; it came from an intentional alignment with the heart of God.

Comparing with John 9: Healing with Instruction

John 9:6–7

> “When He had said these things, He spat on the ground and made clay with the saliva; and He anointed the eyes of the blind man with the clay. And He said to him, ‘Go, wash in the pool of Siloam’ (which is translated, Sent). So he went and washed, and came back seeing.”

Even here, Jesus used physical elements—but He didn’t sigh. This tells us that Jesus tailored each miracle to the person’s need, emotionally and spiritually. The man in Mark 7 needed *more than healing*—he needed *God’s deep empathy*.

The Christian Call: Sharing in God’s Compassion

Luke 6:36

> “Therefore be merciful, just as your Father also is merciful.”

As followers of Christ, we’re not just called to act; we’re called to *feel*. We cannot fake godly compassion. It comes from time spent with God—through prayer, reading Scripture, fasting, and worship. Jesus modeled this for us.

When we turn our attention and hearts to heaven—just as Jesus did—we invite God’s emotions into our own.

More Examples of Jesus’ Compassion:

Luke 7:13

> “When the Lord saw her, He had compassion on her and said to her, ‘Do not weep.’”

Matthew 9:36

> “But when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.”

Mark 6:34

> “And Jesus, when He came out, saw a great multitude and was moved with compassion for them, because they were like sheep not having a shepherd.”

These verses show a recurring truth: Jesus did not act without feeling. He saw people as they truly were, and His heart was moved.

Looking to Heaven

Looking up to heaven doesn’t mean physically looking at the sky—it means setting your mind on God:

Colossians 3:1–2

> “If then you were raised with Christ, seek those things which are above, where Christ is... Set your mind on things above, not on things on the earth.”

When we seek God intentionally, we become more like Him. We receive the *fruit of the Spirit*:

Galatians 5:22–23

> “But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control...”

These are the emotions that heal, restore, and unite.

How to Receive True Godly Emotions

We live in a world full of noise, pain, and disconnection. But if we

want to love like Jesus, we must *feel* like Jesus. That means:

- Turning our hearts heavenward (through prayer, Scripture, worship).
- Seeking God's heart daily.
- Allowing the Holy Spirit to soften and reshape our emotional lives.

As we do this, we will become vessels of God's compassion, just as Jesus was. And through us, others will experience not only human kindness—but divine healing.

"Lord, help us to look up—to draw from You the emotions that transform, heal, and save. Amen."

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