



Apr 14 & 15, 2018

Blood, Sweat & Tears
Part 3 ~ You Got Me Feeling Emotion

Tom Burks

Acts 4:32,36-37;5:1-5 (NIV)

2 Corinthians 4:8-9 (NLT)

Psalms 91:1-2, 14-15 (NLT)

Confession: _____: **"To have the same mind as..."**

1 John 1:9 (NIV)

James 5:16 (NIV)

SMALL GROUP QUESTIONS

Thought Provoking:

We live in an Emoji world, which one suits you the best?

Discuss what kinds of situations in your life bring out emotions. Tell about a situation in your life when your emotions felt out of control or maybe when you were out of control (your actions). What do you do when your emotions are taking over your life?

Digging Deeper:

1. Read 1 Samuel 20:29-34 ~ Describe Saul's and Jonathan's emotions toward David; do they feel the same way toward him? How do they feel about each other?
2. Discuss 1 Kings 19:1-13 ~ Why was Elijah afraid? Would you honestly be afraid in this same situation. How did he respond to this situation? How did God respond to this situation? What is the lesson for us?
3. The psalmists often wrote about the emotions of situations going on in their lives. Choose a Psalm or two and discuss the emotions of the psalmist. Were there any changes of emotion in the Psalm? What was the psalmist's request from God? What was the reason for the request? How did the psalmist show dependence on God? What is the lesson for us?

Prayer:

Father, help me to realize that Your love, grace, and provisions are enough for me. Help me to see how much You love me and accept me just the way I am. I have nothing to fear. I have no need for control; You are my rock and provider! Thank you for being an awesome God.

Application:

- Do an inventory (Blood, Sweat & Tears)
- Ask for honest feedback (Ask your small group)
- Attack one dysfunction through:
 - Prayer (FX)
 - Reading
 - Guidance

Your "State" of mind, emotions, and personal value in your life can change. However, your "Status" as God's highly favored, richly blessed, and deeply loved child is forever. It is here that we strive to live.



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