

Freedom Series

Session 3: Emotions

For Leaders: Here are some questions for you and your group to consider. You do not have to answer all the questions, but see which ones God is leading you to discuss with your group. You, the leader, can lead the discussion yourself, or you could ask for volunteers or assign people to certain questions. Above all, hear what God is saying to you through your group. Don't feel compelled to answer every question. Enjoy your time with God and with each other!

Learn

1. What keeps many Christians from experiencing being built up and rooted in the faith as in Colossians 2:6-7?
 - Our life experience and what we think is true takes priority over what we believe to be Biblically true.
2. Are emotions evil?
 - No, God created us to have emotions
 - It's not our feelings, but the substance of our hearts
 - What we feed our hearts will impact our emotions
3. What are the differences between feelings, emotions, and passions?
 - Feelings: Emotional or Physical, Express what body and soul experience, Surface
 - Emotions: Hidden deep within the soul
 - Passions: Intense emotions that produce longings and urgings in our soul. Psalm 69:9 vs 2 Peter 1:4 Passion and worship go hand in hand
4. What kept Simon from growing in Acts 8:13-23?
 - Pervasive bitterness resulting in captivity to sin
 - Desire to know and serve God, but no strength to overcome the sinful passions ruling the heart
 - Focus shifted from God to cause of your wound or grief
5. How do we continue being built up and rooted in the faith?
 - Salvation is God's gift, but we do need to surrender our old ways and trust Jesus; Surrender: Give up your ways Trust: Turn to Jesus for protection and provision
 - What it takes to get, it takes to keep
 - Remember that God does not condemn us but redeems us. Colossians 2:13
 - 2 Peter 1:4 Lay hold of God's precious promises
 - Instead of going our old ways and following our old emotions, study the promptings of God's Holy Spirit now alive in us. Galatians 5:16-17
 - Keep growing in faith and obedience so that we will see freedom, increase and become productive, we will not become blind and forget that our sins are forgiven. 2 Peter 1:8-9

Apply

1. What were the emotions that Owen struggled with? What are some of the emotions that keep you from believing in God's forgiveness of your sins?
 - Shame, regret
2. What was the effect of these emotions in Owen's life? What is the effect of your emotions, positive or negative, on your being, "built up and rooted in the faith"?
 - The more he dwelled on the past, the more he kept repeating the same mistakes
3. How was Owen set free from the cycle and trap of shame and regret?
 - Being born-again!
4. If you are born-again, but still held back by your emotions, what are some practical things you can do to lay hold of the promises of Jesus's work on the cross to wash away all of your sins?
 - Pray
 - Make decisions based on the promptings of the Holy Spirit (based on Biblical truth) instead of my emotions
 - Stay close to the body of Christ Proverbs 13:20 Whoever walks with the wise becomes wise, but the companion of fools will suffer harm.