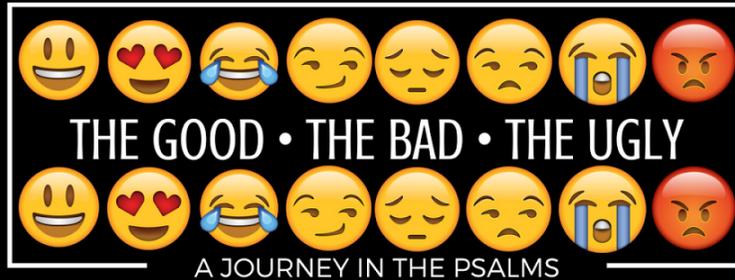


# EMOTIONS



## HOMEGROUP GUIDE

For the week of May 14th, 2017



Real Life Ministries Treasure Valley

# HOME GROUP GUIDELINES

FOR US TO HAVE HEALTHY AND SAFE CONVERSATIONS

## THIS IS A SAFE GROUP

- We will all do our part to create an environment where everyone can be real, open and honest with their struggles and victories

## CONFIDENTIALITY IS KEY

- What is said in the group stays in the group

## NO CROSSTALK

- Crosstalk is a conversation that leaves others out
- No side conversations
- Listen while others are speaking (if you want to explore more of what someone said, call or talk to them afterwards. This also builds relationship outside of the group time)

## NO FIXING OR RESCUING

- We are not here to fix each other, Jesus does that part
- Give encouragement, speak truth, point to Jesus
- Life is a journey, allow people to struggle - grow

## CREATE OPPORTUNITY FOR EVERYONE TO SHARE

- Be sensitive about the amount of time you share
- Allow time for others to be a part of the discussion, don't be a first responder

## USE "I" VS. "WE" OR "THEM" STATEMENTS

- This is a time for us as individuals to grow
- Work on honesty, transparency, authenticity
- Be committed to resolve conflict Biblically

As humans we will need to extend grace to one another. Conflict is not bad, but an opportunity for growth. We are all being changed to be more like Jesus so conflict and change are part of the journey.

Here are some key scriptures to refer to:

- If someone sins against you. (Matthew 18:15-20)
- Restoring someone in sin. (Galatians 6:1-5)
- Forgive a sinner. (Colossians 3:12-13)
- Reconciling differences. (Matthew 5:23-24)

House Rules (slightly different in each home)

- Honor group start and end times.
- Kid safety guidelines and clean up.

# OUR VISION AND MISSION

SHARE THESE EVERY WEEK AT THE START OF YOUR GROUP

VISION: *Reaching the world for Jesus, one person at a time.*

MISSION: *Creating Biblical disciples in relational environments.*

## OUR DEFINITIONS

CLARIFY THE MEANING OF “DISCIPLE” AND “RELATIONAL ENVIRONMENT”

### DISCIPLE

- A disciple is one who is *learning, being, doing, and making* in relationship with Jesus.
- The foundation for this understanding of discipleship is found in Matthew 4:17-19 ...
- ... *“From that time on Jesus began to preach, ‘Repent, for the kingdom of heaven has come near.’ As Jesus was walking beside the Sea of Galilee, he saw two brothers, Simon called Peter and his brother Andrew. They were casting a net into the lake, for they were fisherman. ‘Come follow me,’ Jesus said, ‘and I will make you fishers of men.’”*
- This passage leads to four questions that form the foundation of discipleship (learning, being, doing, making).
  - **Learning**: Am I *learning* what it means to be a part of the Kingdom and live out the good news that the Kingdom is near?
  - **Being**: Am I *being* a disciple who lives out of an abiding relationship with Jesus that is built on an identity given from God. Am I *being* (abiding) in God’s love through Jesus so that the Image of God may be restored in me?
  - **Doing**: Am I *doing* the things that God has called me to do? Am I pursuing Jesus, living in obedience to His Word, and giving of my time, talent, and treasure to forward the Kingdom?
  - **Making**: Am I *making* disciples who make disciples?

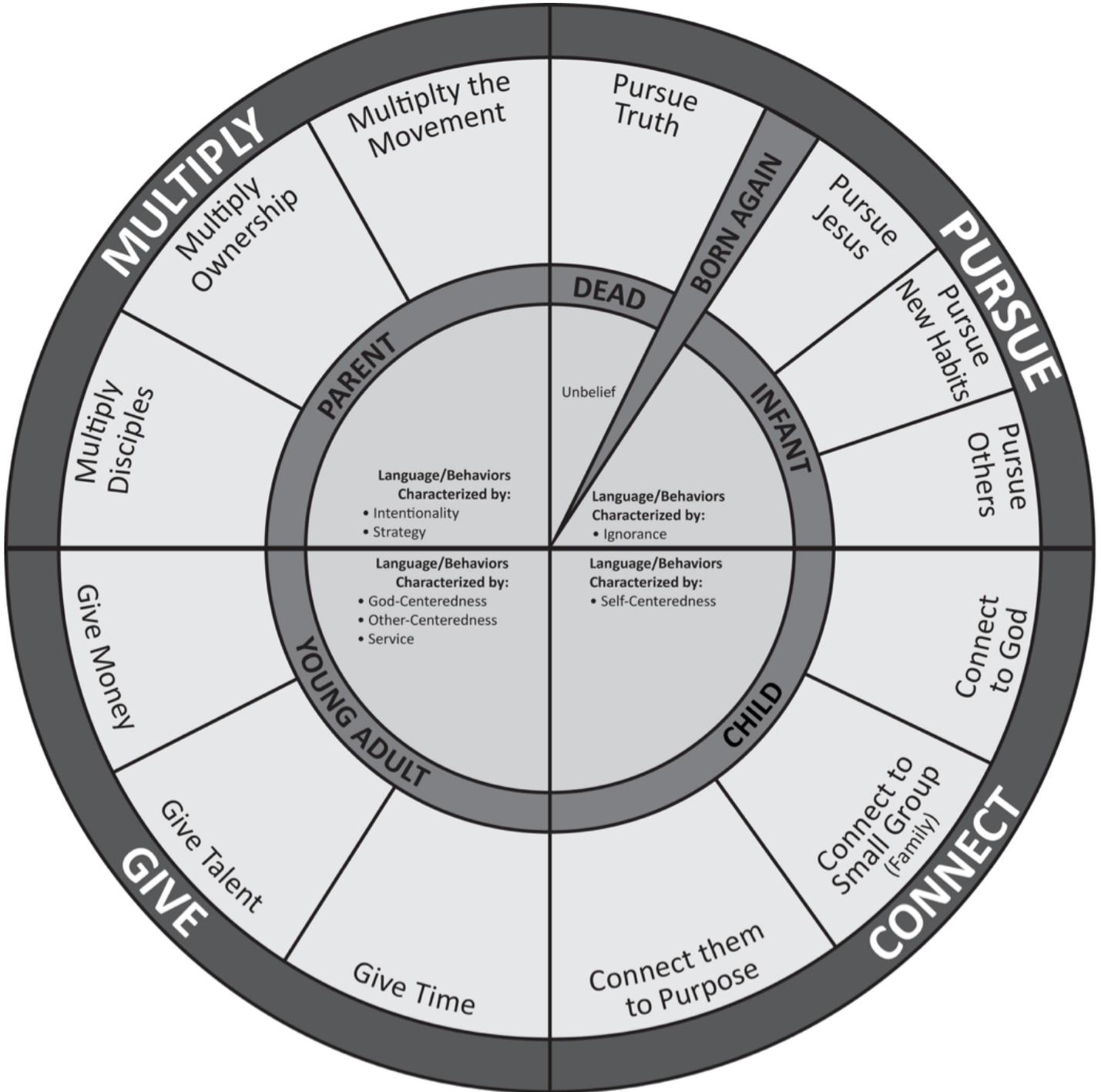
### RELATIONAL ENVIRONMENT

- A relational environment is a group of between 3-16 people who are intentionally in relationship to grow as disciples through fellowship, accountability, teaching, prayer, and service.

## OUR DISCIPLESHIP PROCESS

MAKE THE “BIG PICTURE OF THE DISCIPLESHIP PROCESS” (SEE BELOW) A FOUNDATIONAL PART OF ASSESSING THE DISCIPLESHIP STAGES OF YOURSELF AND OTHERS. ALSO, USE THIS TO DEVELOP GROWTH GOALS FOR YOURSELF AND YOUR GROUP MEMBERS.

# THE BIG PICTURE OF OUR DISCIPLESHIP PROCESS



## ***Week #3: Anger & Fear***

*Our study on emotions has been undergirded by four core convictions:*

1. Emotions are as affected by sin as any other aspect of our personality and can be good or bad.
2. Dealing with emotions is not as simple as saying: "stop having bad ones and start having positive ones." Our goal in this journey is to listen to and ponder our feelings in order to be moved to the far deeper issue of asking: what are our hearts doing in regard to God and others?
3. Our guide for this journey will be the Psalms.
4. All emotions - including the darker ones - give us a glimpse of the character of God.

*With the above in mind, we seek to go on the journey of wrestling through the thicket of our emotional life. This is not an easy process - but it can be incredibly fruitful. In the first week, we took a deeper look at the process of wrestling through dark emotions as seen in the life/confession of Asaph, recorded for us in Psalm 73. In week 2 we discussed how the context in which our emotions are experienced and lived out is relationship - with God and others. Genesis 3 showed us the brokenness of our emotional lives as a result of the Fall, and we leaned on Psalm 13 from David to realize that at the core of our emotional struggles lies mistrust and brokenness in our relationship with God. In week 3, we looked at how anger and fear can drive us when we feel attacked or pressured - by God or others. We sought to dig into Psalm 77 to help us flesh out a process whereby we process our emotions in a healthier way.*

*This week, we will hone in on jealousy and despair. When we feel relational movement **away** from ourselves, we usually react in one of two ways: jealousy (holding onto someone/something in a possessive, unloving way) or despair (letting go of someone/something in a way that leads to a place of numbing pain by giving up hope for healthy relationships). Neither of these alternatives are the ways we want to turn. This week, we will look again at Psalm 73 and 78 to point out to ourselves that we are often in places where we cannot see hope or relational solutions. But, by wrestling through our emotions and trusting God's past faithfulness and His justice (which will ultimately make all things right) we can find a peace that will help us when we feel abandoned. Ultimately, we also need to process these emotions in community with others (cf. Ecclesiastes 4:9-12) and in relationship with God (cf. Psalm 88).*

## Group Guide: Elements of Home Group + Discussion Questions

**Guidelines:** *Read and/or discuss the HG guidelines.*

**Vision & Mission:** *Share the vision & mission of RLM with your group.*

**Icebreaker:** *Take an opportunity to get your group going with a question/game.*

(Icebreaker Suggestion: Have you ever felt left out? What did that do to you?)

**This Week's Story:** *This week's story is drawn from Psalm 73, 77, 88 and Ecclesiastes 4:9-12*

**Set the Scene:** *The passages from The Psalms show us examples of wrestling with emotional travail by examining what we are feeling and taking them to God!*

**Read/Tell the Story:** *Read the text or "story" it. (Suggested Order Below)*

1. *Psalm 73, 77, 78 and interspersing Ecclesiastes 4:9-12.*

**Ask about the Story:** *Was anything added or left out of the story?*

**Discuss the Story:** *Discuss with your group*

1. What stood out to you from the sermon or the text(s)? (**Head**)
2. Do you think that jealousy is a big issue in our culture? (**Head**)
3. Which direction do you tend toward when you feel relational abandonment? Jealousy or despair? (**Heart**)
4. How can knowing God's pure, passionate, protective love for us help us when we struggle through times of abandonment? (**Heart**)
5. Take a moment to think about what you need to begin wrestling through in your emotional/inner life. If you feel comfortable, share with your group what you will be wrestling with this week. (**Hands**)

**Summary:** *JEALOUSY AND DESPAIR CAN BE ALL-CONSUMING. THE ANSWER IS TO COME TO RELATIONSHIP WITH OUR ALL-CONSUMING GOD AND WITH ONE ANOTHER!*

**Prayer:** *Have someone from your group record the requests and pray together.*

Preparation for Next Time

**Next Week:** We continue with *Emotions: The Good, the Bad, the Ugly*.

**Preparation:** Make time with God to know/pursue Him through His Word, through prayer, and through reflection.

**Passages to Read Prior to May 21st, 2017.**

*Read through every passage you can find on contempt and shame.*