

Pray Faithfully for the following:



GPS - Grow, Pray, Study

Explore the Iceberg

June 24-30, 2018



Feelings

Psalm 22:1-2, 12-14

My God, my God, why have you forsaken me?

Why are you so far from helping me, from the words of my groaning?

² O my God, I cry by day, but you do not answer;
and by night, but find no rest.

¹² Many bulls encircle me,
strong bulls of Bashan surround me;

¹³ they open wide their mouths at me,
like a ravening and roaring lion.

¹⁴ I am poured out like water,
and all my bones are out of joint;

my heart is like wax;
it is melted within my breast;

Put yourself in David's shoes or Jesus on the cross as these words were prophetic. How would you describe what King David was feeling when he wrote Psalm 22?

To our great disadvantage Christians have often talked about feelings as being irrelevant to spiritual growth and the godly life. Yet we worship a God who has feelings, and, in whose image, we are made. We have feelings that are felt and expressed, or they may be deep and bottled up. Through the ages the saints have taught that to know God we must know ourselves. Like the tip of the iceberg that is above the water we may only know a small portion of what we feel and believe. But deep down are strong feelings and core beliefs effecting every relationship and every choice we make. How can we grow in Christ, in life and love without tapping into their rich depths?

There are hundreds of emotions, each with their variations, blends, and hundreds of particular nuances. Researchers have classified them into eight main families:

- anger (fury, hostility, irritability, annoyance)
- sadness (grief, self-pity, despair, dejection, loneliness)
- fear (anxiety, edginess, nervousness, fright, terror, apprehension)
- enjoyment (joy, relief, contentment, delight, thrill, euphoria, ecstasy)
- love (acceptance, trust, devotion, adoration)
- surprise (shock, amazement, wonder)
- disgust (contempt, scorn, aversion, distaste, revulsion)
- shame (guilt, remorse, humiliation, embarrassment, chagrin)

Scazzero, Peter. Emotionally Healthy Spirituality: Unleash a Revolution in Your Life In Christ (p. 69). Thomas Nelson.

Monday - Psalm 62:5-8

⁵ For God alone my soul waits in silence, for my hope is from him.

⁶ He alone is my rock and my salvation, my fortress; I shall not be shaken.

⁷ On God rests my deliverance and my honor; my mighty rock, my refuge is in God.

⁸ Trust in him at all times, O people; **pour out your heart before him;**

God is a refuge for us.

Notes – Again we are reminded to spend time with God waiting in silence. Often, we avoid such times because we are afraid to be alone with our own thoughts. Or if we are willing to pour out our heart we may be more likely to talk to our cat. The psalmist, David, encourages us to pour out our hearts to God who cares deeply for us and is our rock and salvation – and who is actually more trustworthy than your cat.

Prayer – Lord, you already know my deepest thoughts and fears, help me to pour out to you all that is on my heart and mind, so I may better know myself and know you and live in your love.

Tuesday - John 4:5-30

Notes – As Jesus asks us why and invites us to go deeper as he did in his conversation with the woman at the well. There are deeper matters for her than daily needs, ancestry, where a person worships, or what man is in her life. Despite the fact that she keeps trying to sidetrack Jesus, Jesus goes to the heart, to the core of her life. Who is she really? What is she doing? What does she seek? In the end she feels truly known to the very depth of her being, and fully accepted. The question is, “Why do I feel _____ about _____?” Who am I really? What do I believe about my life? Why do I do what I do? Explore the iceberg.

Prayer – Lord I have anxious thoughts and much on my mind. Give me the courage to continually dig deeper so that I may know the truth about my own inner life.

Wednesday – John 13:3-5

³ Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going to God, ⁴ got up from the table,^[a] took off his outer robe, and tied a towel around himself. ⁵ Then he poured water into a basin and began to wash the disciples’ feet and to wipe them with the towel that was tied around him.

Notes - Jesus knew who he was and what he was doing. He was able to break free from all of the pressures from family, friends, and the society around him. He was able to live his unique life according to God’s plan. Often we live according to the expectations of others without realizing it. We may secretly live in fear of disappointing others or being abandoned by others. Fear that keeps us from truly living God’s unique plan for our lives.

Prayer – Jesus, as you lived out God’s plan for your life in order to free us help me to grow in wisdom and knowledge so that I too may know who I am what I am doing according to God’s plan.

Thursday – Mark 7:2, 5, 14, 21-23

Now when the Pharisees and some of the scribes who had come from Jerusalem gathered around him, ² they noticed that some of his disciples were eating with defiled hands, that is, without washing them. ... ⁵ So the Pharisees and the scribes asked him, “Why do your disciples not live^[d] according to the tradition of the elders, but eat with defiled hands?”

¹⁴ Then he called the crowd again and said to them, “Listen to me, all of you, and understand: ¹⁵ there is nothing outside a person that by going in can defile, but the things that come out are what defile.” ²¹ For it is from within, from the human heart, that evil intentions come: fornication, theft, murder, ²² adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. ²³ All these evil things come from within, and they defile a person.”

Notes – Jesus constantly sought to redirect people to the “why’s” of their behavior, to their motivation, to their heart. Nothing changes in an individual’s life and in the behavior of the larger society unless the heart changes. So, the question we must ask every day, “Where is my heart?”

Prayer – Lord, I know my actions flow from my heart even if I am unaware. “Create in me a clean heart, O God, and put a new and right spirit within me. Restore to me the joy of your salvation and sustain in me a willing spirit.” Psalm 51:10, 12

Friday -

“In some Christian circles, repressing or disavowing authentic emotion is considered a virtue or perhaps even a gift of Spirit. Denying anger, ignoring pain, skipping over depression, running from loneliness, and avoiding doubt are not only considered normal but actually virtuous ways of living out one’s spiritual life. But this is not the model we find in Jesus, who freely expressed his emotions without shame or embarrassment: •He shed tears (Luke 19:41). •He was filled with joy (Luke 10:21). •He felt overwhelmed with grief (Mark 14:34). •He was angry and distressed (Mark 3:5). •He was sorrowful and troubled (Matthew 26:37). •His heart was moved with compassion (Luke 7:13). •He expressed amazement (Mark 6:6, Luke 7:9). Jesus was anything but an emotionally frozen Messiah.”

Scazzero, Peter. Emotionally Healthy Relationships Day by Day (p. 106). Zondervan. Kindle Edition.

Prayer – Lord, I am angry about _____, sad about _____, anxious about _____, joyful about _____. (or use any of the list of emotions on page 1)

Saturday –

Psalm 32:8–10 “I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you. Do not be like the horse or the mule, which have no understanding but must be controlled by bit and bridle or they will not come to you. Many are the woes of the wicked, but the LORD’s unfailing love surrounds the one who trusts in him.”

“I have become convinced that the greatest obstacle to real discernment (and to genuine growth in prayer) is not the intangible nature of God, but our own lack of self-knowledge— even our unwillingness to know ourselves as we truly are. Almost all of us wear masks, not only when facing others but even when looking in the mirror.

Prayer - Father, even though it’s hard for me, I invite you to speak to me through my emotions—to lead and guide me by helping me to be in touch with what I am truly feeling. Give me the grace to “name, claim, tame, and aim” my feelings so that I can better discern your will for my life. In Jesus’ name, amen.”

Scazzero, Peter. Emotionally Healthy Relationships Day by Day (p. 114). Zondervan.