

Soul Care:

Cultivating soul health through seven dimensions of spiritual formation.

Personal & Group Questions

Sermon taught on May 30th, 2021 by Stephanie Harrison.

John 10:10, Mark 4:14-15, Proverbs 20:27, Romans 12: 1-2, 2 Peter 1:3-15

Every Sunday of Soul Care is followed by two sets of questionnaires: Personal Soul Care Questions and Life Group Questions. Answer the personal questions on your own, and discuss the group questions together.

Questions are printable at church212.com/soul-care

WEEK 3: Emotional Formation

How will I take care of my emotions?

Emotions simply are energy in motion.

Remember in your spiritual journey that spiritual formation is an interactive process with the Holy Spirit. Keep central to this message that spiritual change comes through Christ! 1 Thessalonians 5:23-25

Personal Soul Care Questions

1. What seems to be my biggest struggle in the area of emotions? What triggers this emotion?

2. What emotion would I love to fill my heart and what would that look like?

3. What areas in my life need more water? What areas need less?

4. How will I allow love to rule my heart?

Life Group Questions

1. According to Romans 12:1-2, how does God transform our emotions?

2. Describe how unbelief has affected your life, and how can we work on believing?

3. Describe Mark 4:14-15.

4. Referencing your personal soul care questions, what steps will you take to cultivate healthy emotions?

5. For your personal study this week, read 2 Peter 1:3-15. Participate in a word study found in these verses to discover how you might be a "partaker of God's divine nature."
