

Look beneath the surface

SMALL GROUP NOTES

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Introduction

Sunday saw us continue our True You series, looking at the first principal of growing into emotional maturity which was that we need to be those that look beneath the surface! So often we can run through life oblivious to what is going on in our heart, in order for us to grow into who God wants us to be we need to learn to pay attention to our emotions.

Scripture

Proverbs 4:23 | 2 Corinthians 5:2

Overview

In this talk we heard how often the inwards journey of a person is often the hardest, and that human beings are like an iceberg, with most of who we are actually below the surface. In Order for us to be those that guard our hearts as the scriptures taught us we looked at four keys:

- 1) **What is going on** – Many of us would rather try and control, manipulate or simply do rather than stop and look beneath the surface. The first step for us is asking ourselves the “*what*” question, we must grow in know what our emotions are doing and saying and paying attention to them.
- 2) **Why am I feeling it** – Once we know what we’re feeling we can then start to ask ourselves why are we feeling it, this helps us to go even deeper in our hearts looking at the root causes to our emotions and helping us spot areas God wants to grow us in.
- 3) **Savour the Gospel** – Once we’ve asked the “*what*” and “*why*” questions we may very be surprised by what we find, that helps us to be those that can savour the gospel, knowing we are more flawed then we can ever imagine and yet more loved than we can ever imagine. Allows us to take risks, in looking beneath the surface and being honest in what we find.
- 4) **Shed the Glittering Image** – The final thing we saw was in order to be those that live in the first three keys there is price tag which is we need to shed the glittering image, allow ourselves to not hide away our weaknesses or failures but actually allow all of us to be shaped by God and those around us.

Questions

- 1) How are you at knowing what’s going on with your emotions? Are you someone who is aware of what’s in your heart and open to taking a deep look inside or would you rather try and control, manipulate or do instead?
- 2) Ask yourself what’s going on in your heart right now, why do you think you’re feeling that way you are?
- 3) How can we grow as those that savour the gospel everyday of our lives?
- 4) Is there a glittering image that you need to shed? What areas do you find it hard to be truly honest about?

Tags

Emotions, Heart, Gospel, Fear, Worry, Sin, Truth, Freedom