

# The True You - part I: The Big Blind Spot

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## SMALL GROUP NOTES

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### Introduction

On Sunday Tom kicked off our new teaching series called True You looking at the importance of our emotional lives when it comes to growing in our relationship in Jesus.

### Scripture

Matthew 5:13-14

### Overview

In part one of The True You series we looked at how our emotional life is a huge blind spot in Christians lives!

1) We saw how something is quietly but crucially wrong; our emotional immaturity can lead to lack of saltiness in our lives.

This is huge problem for us because:

- a) The World is watching
- b) The World we're building
- c) The World that's coming

2) We also saw how our emotions are key. To the right is a pie chart that shows five components of who we are. The emotional element is so often overlooked which results in a misunderstanding over the problems in our lives. We can be those that are spiritually mature but emotionally immature.



It's important we understand what can create our blind spots:

- a) Our Christian heritage
- b) Our cultural heritage

3) Finally we saw how Emotions are eternal, from the beginning the Godhead were full of emotion, when Jesus came to earth we saw he was emotional & we see how in heaven we will be emotional

### Questions

- 1) What is your initial reaction to hearing this series is looking at our emotions?
- 2) How are you at listening to your emotional side of life? Do you think you're able to be real about what you're feeling and sharing it with others?
- 3) How does looking at the humanity of Jesus help us in our journey in becoming emotionally mature?

### Tags

Emotions, Humanity, Maturity, Sanctification, Heaven, Joy