

BIBLICAL WELLBEING: WK 2

LET'S TALK

Fight, flight or freeze? Share an example of how you responded to a crisis situation.

DIG IN

Jesus said in Matthew 11:28-29: "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls." Discuss what it might mean to 'find rest for your soul'.

Reflect on this quote from the sermon: "Emotional maturity is necessary to our spiritual maturity." Discuss this as a group and share personal examples of when you've observed this. Also come up with some examples of where this is illustrated in Scripture.

Consider the 5 reasons our souls are not well: sin, believing lies, unfulfilled desires, past pain, and attachment wounds. How is your soul doing?

Do you ever find yourself repeating the same old patterns of responding to your loved ones, no matter how many times you vow to react differently? Do you ever find yourself struggling with negative feelings towards others, especially when they seem to know how to push your buttons time and time again? Share some examples with the group.

Reflect on this quote from Brennan Manning: "God calls us every one to come out of hiding. God calls us back from wherever we went running for our lives, calls us back home. God is the love-crazed father at the window, waiting for a lost boy to come to his senses, gazing down the road for a sign of his return, now running to meet and embrace and more than half carry his kid the last mile so they can start over, as if nothing bad ever happened between them, as if the party he intends to throw that very night is the celebration of his child's birth." If those words don't feel real to you, consider whether you have allowed the hurtful experiences in your life to dictate your love-worthiness. Do you see yourself as a reject or a misfit? Do you see yourself as unlovable?

NOW WHAT?

As a group, go over the results of the self-assessment that your leader sent to you ahead of time. Discuss where you can support and hold each other accountable for some needed changes.

Take a look at all the ways to have a healthy heart. Identify the areas that God may be asking you to take a closer look and some next steps to healing.

- a. Heal your heart – dealing with unresolved trauma or pain in your life
- b. Know your heart – being tuned in to your inner person, your emotions, beliefs and motivation
- c. Listen to your heart – Knowing your passions and dreams, as well as having a voice
- d. Take care of your heart – ensuring you know and take responsibility for your emotional needs
- e. Protect your heart – having healthy boundaries in relationships and recognizing your responsibility to protect your own heart

PRAY

Pray for each other as a group, particularly for those members for whom there is significant pain and/or difficulties accepting the truth of God's love.