

Ice Breaker

If you could add a word to the dictionary, what would you add and what would it mean?

Talk It Over

READ THE WEEKLY VERSES AND DISCUSS THE QUESTIONS TOGETHER

When Mary reached the place where Jesus was and saw him, she fell at his feet and said, "Lord, if you had been here, my brother would not have died." When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled. "Where have you laid him?" he asked. "Come and see, Lord," they replied. Jesus wept. Then the Jews said, "See how he loved him!" John 11:32-36 (NIV)

- You and I were created in the image of a God who has real emotions! In John 11, we see Jesus mourning his friend's death RIGHT BEFORE He resurrects Him from the dead. How does this idea that God has real, active emotions affect the way that you see Him?

If anyone belongs to Christ, there is a new creation. The old things have gone; everything is made new!
2 Corinthians 5:17 (NCV)

- How does believing that you are a brand NEW creation help you live a life that is emotionally strong?
- How has believing this truth impacted you in your daily life?

So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.
Romans 8:6 (NLT)

- What type of thoughts are indicators of a spirit-controlled mind?
- Take a minute to reflect on the thoughts that went through your mind today. In what areas do you think the Holy Spirit wants more influence on your thoughts?

Action Step

WRITE DOWN (ON PAPER OR IN YOUR PHONE) ONE ANSWER TO EACH OF THE FOLLOWING:

What is one way that you can daily practice . . .

- 1.) Experiencing situations in life through God's emotions instead of yours?
- 2.) Seeing yourself as a NEW, blameless creation in Christ?
- 3.) Letting the Holy Spirit control your thoughts?

Prayer Focus

THIS EXERCISE CAN BE DONE IN SILENCE OR WITH WORSHIP MUSIC PLAYING SOFTLY IN THE BACKGROUND.

- Step 1)** Have each person close their eyes and sit with their palms facedown on their lap.
- Step 2)** With palms facedown, instruct people to think about all the worries, fears, anxieties, and broken situations going on in life. (Wait for about 30 seconds to a minute for people to think.)
- Step 3)** Then, have each person turn their palms over as a symbolic act of releasing those worries, fears and situations over to God and to receive His peace. (Leave space for silence.)
- Step 4)** Conclude by leading the group in a prayer of surrender and thankfulness for God's faithfulness.