

# being human

*IN HIM WE LIVE AND MOVE AND HAVE OUR BEING*



## **BOOK 1**

Integrated Beings

## **CHAPTER 1**

Of Dust & Breath

“The Lord God formed the man of dust from the ground and breathed into his nostrils the breath of life” (Genesis 2:7). Thus, we were formed, human beings in the image of God. We are dust & breath, body & spirit.

Throughout the ages since sin entered the world, humans have struggled to understand or properly manage what it means to be created as both body and spirit. Sometimes, we glorify our bodies and neglect our spirits. Other times, we have seen the spirit as good and the body as bad. What would it take for us to embrace ourselves as equally body & spirit in a way that will produce good & right thoughts, feelings and desires?

### **ICE BREAKER**

When was the last time you were so mad, you broke something?

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### **BOTTOM LINE**

When body & spirit are healthy, so are thoughts, feelings and desires.

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### **PRIMARY SCRIPTURE**

Read about the people below Mt. Sinai in Exodus 32:1-24 (v25-35 optional).

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### **SERMON TOPIC**

This week's sermon focuses on our feelings.

*CHECK OUT TODAY'S SCRIPTURE & VIDEO AND TAKE TIME TO DISCUSS A QUESTION OR TWO FROM EACH SECTION.*

## LEARNING HIS STORY

1. What kinds of disordered thoughts, feelings or desires seem to have led to the golden calf debacle?
2. How would you describe the link between the health of our worship and the health of our thoughts, feelings and desires?
3. Why do you think our greatest triumphs so often precede our greatest failures?

## EXAMINING OUR STORY

4. Can you tell us about a moment when you did something regrettable as a result of your feelings?
5. How can you tell when your thoughts, feelings or desires are unhealthy?

## FINDING A NEW STORY

6. Do you have personal strategies for addressing unhealthy feelings?
7. **Our culture talks a lot about “mental health” but very little about faith.** What connections do you see between your mental health and your faith?
8. To what extent do you believe the fundamental practices of our Christian faith—like prayer, fasting or Sabbath/resting—impact the health of our thoughts & feelings?



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