



WEEK 2: **EXPLORE THE ICEBERG**

Key Scriptures: Matthew 7:5, Proverbs 4:23, Mark 7:14-23

You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother's eye.

- Jesus (Matthew 7:5 ESV)

Keep your heart with all vigilance, for from it flow the springs of life.

-Solomon (Proverbs 4:23 ESV)

And he called the people to him again and said to them, "Hear me, all of you, and understand: 15 There is nothing outside a person that by going into him can defile him, but the things that come out of a person are what defile him." 17 And when he had entered the house and left the people, his disciples asked him about the parable. 18 And he said to them, "Then are you also without understanding? Do you not see that whatever goes into a person from outside cannot defile him, 19 since it enters not his heart but his stomach, and is expelled?" (Thus he declared all foods clean.) 20 And he said, "What comes out of a person is what defiles him. 21 For from within, out of the heart of man, come evil thoughts, sexual immorality, theft, murder, adultery, 22 coveting, wickedness, deceit, sensuality, envy, slander, pride, foolishness. 23 All these evil things come from within, and they defile a person."

- Jesus (Mark 7:14-23 ESV)





WEEK 2: PRE-GROUP READING

"Hear me, all of you, and understand: There is nothing outside a person that by going into him can defile him, but the things that come out of a person are what defile him."

– Jesus (Mark 7:14-15 ESV)

Scripture portrays Jesus as one who had intense, raw, emotional experiences and was able to express his emotions to others. He did not repress his feelings. Nor did he project his feelings onto others. Instead, we read of Jesus responsibly experiencing the full range of human emotion throughout his earthly ministry. In today's language, he would be considered "emotionally intelligent," a term popularized by Daniel Goleman.

Jesus also pointed others to "why" questions that helped them assess and understand their emotional foundations. In meeting the Samaritan woman at the well (John 4), Jesus went below the surface of her actions and words to confront her repeatedly with "why" questions. Why are you at the well in the middle of the day? Why are you running from husband to husband? Similarly, Jesus challenged the Jewish religious leaders to recognize that their internal thoughts and emotions were what produced holiness and sinfulness.

This week we introduce the concepts of the *Iceberg* and *Iceberg moments*. About 10% of an iceberg is visible at the surface, representing the part of our lives that people see. It can also represent the part of our lives that we are consciously aware of.

The Titanic sank because it collided with a section of the submerged 90 percent of an iceberg. Most people shipwreck, or live inconsistent lives, because of forces and motivations beneath the surface of their lives that they have never considered.

Solomon said that we were to guard our interior lives (our hearts) above all else, because everything that we do flows from that interior (Proverbs 4:23). This interior world is our *iceberg*.

An *Iceberg Moment* is what happens when something "strikes our iceberg" beneath the surface of our exterior lives. Something happens and we have a large emotional reaction to a seemingly small event. The reaction happens because something about the event struck beneath the surface of our interior iceberg.

This week's tool is *Exploring the Iceberg*, actively asking ourselves the questions: what are we feeling? And what is causing us to feel that way?

"There are many other important issues related to maturing in Christ, but an honest examination of our emotions and feelings is central. This inward look is not to encourage a self-absorbed introspection that feeds narcissism. The ultimate purpose is to allow the gospel to transform you—both above and below the iceberg." (Peter Scazzero)





WEEK 2: GROUP DISCUSSION GUIDE

Take some time to catch up and connect as a group. Pray to transition into discussion.

Growing Connected

On a scale from 1-5, with 5 being the highest, how would you rate your awareness of what is going on inside your emotional iceberg?

Bible Study

1. **Read aloud Psalm 22:1–2, 12–14** (below). Try to put yourself in David's shoes (and in Jesus' place, as these verses also refer prophetically to his death on the cross). **Name a few of the emotions David may have been feeling as he wrote this psalm.**

My God, my God, why have you forsaken me?

Why are you so far from saving me, from the words of my groaning?

2 O my God, I cry by day, but you do not answer,

and by night, but I find no rest.

12 Many bulls encompass me;

strong bulls of Bashan surround me;

13 they open wide their mouths at me,

like a ravening and roaring lion.

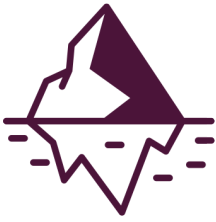
14 I am poured out like water,

and all my bones are out of joint;

my heart is like wax;

2. If David visited our group and shared what he wrote in this text, how might you respond?





WEEK 2: TOOL OF THE WEEK

The purpose of this activity is to become more aware of your emotions, with the goal of understanding our hearts, that our deepest motivations would be fully submitted to Jesus. We are going to take 10 minutes in the group to ask ourselves what feelings we are having and what is motivating those feelings.

Below, you will find four questions along with space for your answers. Write as many responses as come to mind. Draw from the present, recent past, or distant past.

For some this will flow easily and quickly. For others it may be difficult and uncomfortable. We invite you to do this before the Lord as a spiritual practice of prayer, letting God guide you. If you finish before the allotted time, don't be afraid of the silence. Be open to anything else God may want to bring to the surface.

What are you anxious about (e.g. money, future, family, health, job)?

What are you sad about (e.g. a small or big loss, disappointment, or choice)?

What are you angry about (from the past or present)?

What are you glad about (e.g. an opportunity, a relationship, a blessing)?

Conclusion

The first question this week was to rate yourself on a scale from 1-5 on your awareness of what is going on inside of you. Having "explored the iceberg" for 10 minutes, actively asking the question of what you are feeling and why, do you feel like your awareness increased?

You can use this exercise anytime you experience an "iceberg moment," when something in your life runs into your interior "iceberg" and emotions rise up within you. Rather than react or ignore, take another 10 minutes with a pen and explore your iceberg.