



Revealed: How Feelings Inform Faith - Chris Henely

Icebreaker:

1. What item do you hope will be obsolete in 20 years?
2. Can you fold a fitted sheet by yourself?

Summary:

When we process our emotions in light of God's truth, the power of Jesus is revealed. We form narratives in our minds based on our experiences throughout life. Those narratives must be processed through a biblical lens for us to exhibit and demonstrate the fruit of the Spirit! David's honesty in Psalm 13 shows us that when we look to God in times of trouble, we can worship instead of worry.

Engage the Bible:

Psalm 13 - Read as a group. Underline some key words / phrases that stick out to you. Have you ever felt forgotten by the Lord? How do you trust in His unfailing love in times of waiting or hurting?

Small Group Questions:

- What about David's psalm stuck out to you?
- How do you currently process your emotions and how do you call God in?
- In what ways can you grow in calling God into your circumstances?
- What narratives have you believed that have led to more complex or deeper emotions?
- How do you practice bringing your emotions to God?
- What does "worship in spite of circumstances" look like for you?