

Life Group Preparation Notes:

Emotionally Healthy Spiritually

Session 2 - Know yourself that you may know God.

Purpose: To learn more about who I am, my true self.

Worship: Suggested song is “I surrender” By Hillsong Worship. After singing or reading the words, chose one line from the song that affected your emotions and share this with the group. Don't go around in a circle; wait for each person to pray.

Pray: Take 2 minutes of silence to “be still and know that I am God.” Psalm 46:10. Then pray prayers of thanks for His presence.

Check-in: In preparation for group, journal your answers to the following questions:

- What are you angry about?
- What are you sad about?
- What are you fearful about?

Share your response to one of the questions in the group check-in.

End off this check-in by asking “what was it like to journal and share your feelings?”

Overview: (To be read aloud in the group). “The journey of genuine transformation to emotionally healthy spirituality begins with a commitment to allow yourself to feel. Feelings are an essential part of our humanity and unique personhood as men and women created in God’s image. Scripture reveals God as an emotional being who feels as a person. Having been created in His image, we also are created with the gift to feel and experience emotions. Some of us may have learned that feelings are not to be trusted; that they are dangerous and can lead us away from God’s will for us.”

Watch Vimeo: Session 2. (<https://vimeo.com/254640963/3772cc5426>) Note one phrase from the video that impacted you the most. Share that with the group.

Bible Study: 1 Samuel 17:26-45

Group Discussion:

1. What question does David ask after hearing Goliath’s challenge (v.26)
2. What are some of the challenges, accusations, and messages David receives from the people around him?
 - From his own family (v.28)
 - From Saul (vv. 33, 38)

- From Goliath (vv. 41-45)

3. What feelings might you be experiencing if you were David? For example, what feelings might you have toward a sibling? Toward a person in authority over you (Saul)? Toward the Goliath in your life?
4. How does David live out his true self against the powerful forces and pressures that seek to mould him into someone he is not?
5. What forces and pressures from circumstances and people cause you to shrink back in fear of “wearing armour” that does not fit your true self?”

Check-out: Complete this sentence: “What I am beginning to realize about myself is.....”

Application:

Continue journaling by identifying your feelings on a daily basis and then reading a Psalm to see the connection between that feeling and the Psalmist’s response.

Use the attached list of feelings to help you to identify your feelings on a daily basis. Choose one from each list.

Others:

Share from your journal about your emotional health with others you connect with on a daily basis.

Pray:

Pray around the circle, asking for His help in one particular area you have been challenged about from this session.

Taken from Emotionally Healthy Spirituality by Peter L. and Geri Scazzero

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