

Group/Individual Questions - *Working Faith*: Week 8

08/06/23 – Pastor Kirby

Getting to Know Me Questions:

- Where is your favorite place in the world?
- Do you prefer to plan most of your days/weeks? Or do you prefer to have a general idea but see where things go?

Into the Bible Questions:

- What's something that you learned, stood out, interesting from this week's teaching?
- Pastor Kirby said "*We are not all in the same boat; But we are all in the same storm!*"
 - When you think about this idea, what comes to mind?
 - How are our stress factors impacted by the boat we are in during this storm?

10 (First 5) Commandments of Emotional Health

1. Give grace to others...and myself

- **Read James 4:6**
- Do you find it easier to give grace to yourself or to others? Why?

2. Start and end each day refueling my soul.

- Pastor Kirby said "We are not a body with a soul. We are souls with a body." Reflect on this idea, what do you think of this idea?
- What's your routine in the morning? Evening?
- **READ: Psalm 92:2; Psalm 119:147; Isaiah 50:4**
- Do you have a pattern of "refreshing the soul"? If so, what is that? If not, why has it been difficult to creating one?

3. Set and stick with a routine

- **READ: Ephesians 5:15-16**
- Pastor Kirby said "Routine develops resilience." Is that true?
- How would a routine help or hinder us in developing a faith that works?

4. Stop taking in so much news

- **READ: Matthew 6:22-23**
- Pastor Kirby talked about "GIGO" (Garbage In, Garbage Out). Meaning we put out what we take in. And that by "Flocking" we only look for things to support our beliefs.
- **READ: Proverbs 15:14 in the New Living Translation**
- What is something we can do to replace the unhelpful with the healthy?

5. Have a daily connection with the people I love

- **READ: 1 Thessalonians 5:11**
- **Who will you call or connect with this week, that you haven't in a while?**

Application Questions:

- What did you hear? What point in this message was most impactful for you?
- What do you think? How did this message challenge, change, or affirm your thinking?
- What will you do? How will you or your group put into practice what you've learned today?

We are in the same storm, but we are not all in the same boat.

I can't be spiritually healthy, if I'm emotionally unhealthy.

I can't be spiritually mature if I'm emotionally immature

Romans 12:11-13 (MSG)

¹¹⁻¹³ Don't burn out; keep yourselves fueled and aflame. Be alert servants of the Master, cheerfully expectant. Don't quit in hard times; pray all the harder. Help needy Christians; be inventive in hospitality.

10 commandments to emotional health

1. Give grace to others...and myself

James 4:6

⁶ But he gives us more grace. That is why Scripture says:

"God opposes the proud

but shows favor to the humble."

2. Start and end each day refueling my soul.

We are not a body with a soul. We are souls with a body

Matthew 4:4

⁴ Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"

James 1:21

... humbly accept the word planted in you, which can save you.

Places to start:

John, 1 John, Psalms, Proverbs or Philippians

Psalms 92:2

² proclaiming your love in the morning

and your faithfulness at night

Psalms 119:147

¹⁴⁷ I rise before dawn and cry for help;

I have put my hope in your word.

Isaiah 50:4

⁴ The Sovereign Lord has given me a well-instructed tongue,
to know the word that sustains the weary.
He wakens me morning by morning,
wakens my ear to listen like one being instructed.

3. Set and stick with a routine.

Ephesians 5:15-16

¹⁵ Be very careful, then, how you live—not as unwise but as wise, ¹⁶ making the most of every opportunity, because the days are evil.

Routine develops resilience!

4. Stop taking in so much news!

“Flocking” - Dr Bruce Perry

Matthew 6:22-23

²² “The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. ²³ But if your eyes are unhealthy, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!

The Point: What I see (consume), is what I become

GIGO – Garbage in, garbage out

Proverbs 15:14 (NLT)

¹⁴ A wise person is hungry for knowledge,
while the fool feeds on trash.

Psalms 119:37

³⁷ Turn my eyes away from worthless things; preserve my life according to your word.

5. Have a daily connection with the people I love.

Hebrews 10:24-25

²⁴ And let us consider how we may spur one another on toward love and good deeds, ²⁵ not giving up meeting together, as some are in the habit of doing, but encouraging one another

I refill my emotional, my spiritual cup by reconnecting with the people that I love.

1 Thessalonians 5:11

¹¹ Therefore encourage one another and build each other up, just as in fact you are doing.

Ephesians 2:8-9

⁸ For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— ⁹ not by works, so that no one can boast.