

Group/Individual Questions - *Working Faith*: Week 9

08/13/23 – 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?
- **Review first 5 Commandments of Emotional health and healing**
 1. Give grace to others...and myself
 2. Start and end each day refueling my soul.
 3. Set and stick with a routine
 4. Stop taking in so much news
 5. Have a daily connection with the people I love
- **6. Share your feelings, don't stuff your feelings**
- **READ Mark 12:28-31; James 5:16**
- Why do I hesitate to confess my true feelings to someone?
- James says it has power to heal. Do you agree? Disagree? What do you think of this idea?
- **7. Seek advice before making major decisions**
- Has What major decision have you made that you didn't get input on? What was the result?
- **8. Have renewal breaks throughout my day**
- This is the Principle of Spacing and Dosing – Like medication, we should spread out breaks
- **READ Isaiah 58:11**
- Take a minute to meditate on the idea of God refreshing you like a dry garden. How does a garden/plant respond? Does this help you in the idea of renewals?
- 9. Serve Someone Else
- **READ James 1:27; Proverbs 11:25**
- Pastor Kirby said "if we need to be refreshed, start refreshing someone else." What do you think of this idea?
- **10. Control only what you can control**
- Pastor Kirby said that in terms of faith and works we tend to go to one of two extremes.
 - Sit and wait for God to act. We do nothing
 - 'If it's to be it's up to me.' And we don't trust God to be a part of it at all.
- Which way do you tend to lean? How have you seen that play out?
- **READ James 2:18-24**
- How am I able to have a healthier balance of faith and work in my life?

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?

10 Commandments of Mental and Emotional Health

1. Show grace to others...and myself
2. Start and end each day refueling your soul

“You're not just a body who has a soul. You are a soul with a body.”

3. Set and stick with some routine
4. Stop consuming so much news
5. Have a daily connection with the people you love!
6. Share your feelings. Don't stuff your feelings

Galatians 6:2

Carry each other's burdens, and in this way you will fulfill the law of Christ.

Mark 12:28-31

²⁸ One of the teachers of the law came and heard them debating. Noticing that Jesus had given them a good answer, he asked him, “Of all the commandments, which is the most important?” ²⁹ “The most important one,” answered Jesus, “is this: ‘Hear, O Israel: The Lord our God, the Lord is one. ³⁰ Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ ³¹ The second is this: ‘Love your neighbor as yourself.’ There is no commandment greater than these.”

2 Corinthians 1:8-9a

⁸ We do not want you to be uninformed, brothers and sisters, about the troubles we experienced in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired of life itself. ⁹ Indeed, we felt we had received the sentence of death.

James 5:16

¹⁶ Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

7. Revealing our feelings is the beginning of healing.

Proverbs 15:22

²² Plans fail for lack of counsel,
but with many advisers they succeed.

Proverbs 11:14

¹⁴ For lack of guidance a nation falls,
but victory is won through many advisers.

8. Have renewal breaks throughout my day

Principle of spacing and dosing

Isaiah 40:30-31

³⁰ Even youths grow tired and weary,
and young men stumble and fall;

³¹ but those who hope in the Lord
will **renew** their strength.

They will soar on wings like eagles;
they will run and not grow weary,
they will walk and not be faint.

Isaiah 58:11

¹¹ The Lord will guide you always;
he will satisfy your needs in a sun-scorched land
and will strengthen your frame.
You will be like a well-watered garden,
like a spring whose waters never fail.

9. Serve someone else

James 1:27

²⁷ Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress
and to keep oneself from being polluted by the world.

Proverbs 11:25

²⁵ A generous person will prosper;
whoever refreshes others will be refreshed.

10. Control only what you can control

James 2:18-24

¹⁸ Show me your faith without deeds, and I will show you my faith by my deeds. ¹⁹ You believe that there is one God.
Good! Even the demons believe that—and shudder.

²⁰ You foolish person, do you want evidence that faith without deeds is useless? ²¹ Was not our father Abraham
considered righteous for what he did when he offered his son Isaac on the altar? ²² You see that his faith and his
actions were working together, and his faith was made complete by what he did. ²³ And the scripture was fulfilled that
says, “Abraham believed God, and it was credited to him as righteousness,” and he was called God’s friend. ²⁴ You see
that a person is considered righteous by what they do and not by faith alone.

“All we have to do is to decide what to do with the time that is given to us.” – Gandalf