



3 Bible studies on

emotion

‘more than a feeling’



emotion... 'more than a feeling'

Why focus in on emotion?

Well, we obviously have them! We all can get upset, exhilarated, depressed, excited, worried, enthusiastic, overwhelmed with joy or sadness—sometimes all in the one day! We all have feelings. Circumstances do impact us. Sometimes we don't know why we feel the way we do. Whether we 'wear our heart on our sleeve' or we 'play our cards close to our chest' emotionally speaking, it's a part of being human. We're "made in the image of God" (Genesis 1:26). And as these studies will show, God has emotions too.

So it's good to see what He has told us about emotion so we can relate emotionally well to Him and to each other. We don't want to be stone cold and hard hearted. But we also don't want to be ruled by misdirected passion.

This short series tries to take a snap shot at all of this, utilising some key passages that raise some of the helpful things to bear in mind, or is it to feel?



Some tips for getting the most out of these studies...

With each question, sometimes there's a follow up question or two included at the same number. This is to just help draw it out a bit more. You may get it with the first one so don't panic if you end up saying the same thing in thinking about the follow up question—just move on.

Also, don't panic if you can't quite see what a question might be driving at. These questions are not the Bible. The questions are just an attempt to help us get into the passage/issue. Let the Bible passage drive things at the end of the day. Feel free to move on if you've had a crack at it.

Most important of all. Pray. Ask God to guide the thinking. Think about how this all fits into His plan to bring us into a good relationship with Him. What does it show us about Jesus? Think about how this all effects your personal situation as well as that of those around you.

nothing more than feelings?



kick off

What do we mean when we say someone's cold hearted?

key **verse**

Mark 14:36...
"Take this cup from me. Yet not what I will, but what you will."

big **idea**

Godly feelings matter.

read Psalm 95:1-11



investigate

1. Does the Psalmist expect us to be emotional in our relating to God? How are these emotions expressed? (v 1-2, 5)

2. What are some of the very good reasons for getting emotional about God? (v 3-5, 7a)

3. What are the dangers from a lack of emotion towards God? (v 7b-11)

4. Why would anyone not be moved deeply by who God is and what He's done?

5. What does it mean for God to get angry? How does this show us the breadth of Godly emotion?



think & apply

read Mark 14:32-42



investigate

6. What range of emotions do we see here in Jesus?

7. What was distressing Jesus so deeply? (v 32-36)

8. What was frustrating Jesus? (v 37-42)



think & apply

9. How does it encourage you that God/Jesus obviously went through a lot/felt a lot on this night of all nights?

10. Think about how Jesus displayed Godly emotions. What valuable leads are there for us in this?



prayer points

Pray in response to this...



through the week

Luke 15:1-32

* * * Ordinary people following an extraordinary God * * *

total control



kick off

'You always do what you want to do.' Your response?

key **verse**

Luke 15:32... "But we had to celebrate..., because... he was lost and is found."

big **idea**

Our emotions need to be controlled.

read Luke 15:1-32

investigate

1. What did the Pharisees and the teachers of the law need to understand about God's emotions for the lost? (v 1-10)

2. How did the younger son in the third parable display misplaced emotion and where it leads to? (v 14-16)

3. How did he come to his senses? (v 17-20)

4. What was driving the father's very emotional response? (v 21-24)

5. What was driving the older son's emotions? (v 25-30)

6. What did he need to learn? (v 31-32)



think & apply

7. What should be driving our emotions? Who's agenda?

8. What kind of angst do we place ourselves in when we let ourselves be driven by emotion out of control (unbridled passion)? Care to share an example, observed or experienced?

9. What gets you really excited in your life?

10. The *'mind will justify what the heart wants'*. How do we keep our hearts in line? See *Psalm 37:4, John 16:23.*



prayer points

Pray in response to this...

through the week

1 Cor 14:26-33
Heb 10:19-25

* * * Ordinary people following an extraordinary God * * *

at Church



kick off

'I changed Churches—the worship (music) wasn't doing enough for me'. Comment.

key **verse**

Hebrews 10:24... "And let us consider how we may spur one another on..."

big **idea**

Our meetings should be more than class rooms.

read 1 Corinthians 14:26-33

investigate

1. What's the problem Paul is addressing with the Corinthian Church? What do you think their meetings were like?

2. What would Paul say to someone who was quite emotional about their need to share something at Church?

3. Is Paul a control freak? Why/why not?



think & apply

4. What should our meetings be like? How do we currently give opportunity for Godly emotions to be expressed? What could we do to enhance this?

5. *'Words help us think about truth—music helps you feel the meaning.'* Does this help in seeing the *emotional* place of music/songs in our meetings?

read Hebrews 10:19-25

investigate

6. What are the writer's key motivations for what we are to do together as Christians — note the emphasis on "us" throughout this passage?

7. What words does the writer use here to show that these matters are hardly light or academic but very emotional?



think & apply

8. How do we currently try and "spur" and "encourage" one another when we get together?

9. How much Godly emotion do we have if we "give up meeting together" for this?

10. How can our Bible talks and studies be more than entertainment or fact finding exercises?

Pray in response to this chapter...

prayer points



through the week

What's another Biblical passage on emotion?

* * * Ordinary people following an extraordinary God * * *