

LIFE GROUP

DISCUSSION QUESTIONS

God's Antidote to Damaged Emotions April 21, 2024

Summary

In this sermon, Pastor Dale explored emotional pain, including guilt and grief, and discussed strategies for healing. By following David's example in Psalm 51, we can seek God's forgiveness and restoration from self-inflicted guilt. Life's trials, though unfair, can draw us closer to God, who enters into our pain with us. Through it all, we are reminded that God's goodness remains steadfast, even in the midst of suffering.

Scripture

The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever. Psalm 23:1-6 (NIV)

My guilt overwhelms me--it is a burden too heavy to bear. My wounds fester and stink because of my foolish sins. I am bent over and racked with pain. All day long I walk around filled with grief. Psalm 38:4-6 (NLT)

So then, since we have a great High Priest who has entered heaven, Jesus the Son of God, let us hold firmly to what we believe. This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin. So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most. Hebrews 4:14-16 (NLT)

Let's Start

If you could choose any superpower to help you deal with stress, what would it be and why?

Gratitude and Prayer

How has God worked in your life since we were together?

Let's Talk

1. As we explore emotional healing, what practices or activities bring you joy and refreshment in your relationship with God?
2. Share a recent example of how you've experienced God's goodness or provision, even amidst trials or hardships.
3. Pastor Dale highlighted various ways people try to deal with guilt. For example:

LIFE GROUP

DISCUSSION QUESTIONS

- Denial
- Minimization
- Compromise
- Rationalize
- Blame
- Self-deprecation

Have you ever used any of these coping mechanisms? How effective were they for you?

4. Consider the analogy of the orange trees that grow deeper roots during hardship. How have you experienced personal growth or resilience through challenging circumstances?
5. In what ways can you support others who are going through emotional pain or suffering? How can you reflect God's love and presence to them during difficult times?
6. Thinking about Pastor Dale's emphasis on God's forgiveness and grace, can you share a story of when you experienced forgiveness or extended forgiveness to someone else?
7. As we conclude, how can we encourage one another to hold firmly to the belief that, despite life's challenges, God is always good?

Let's Act

Consider David's example in Psalm 51 (below) of acknowledging sin, repenting and seeking forgiveness. How can you apply these steps to your life when dealing with guilt or shame?

He acknowledged his sin and guilt before God. Psalm 51

- Verse 3: "For I know my transgressions, and my sin is ever before me."
- Verse 4: "Against you, you only, have I sinned and done what is evil in your sight."

He was sincere in his repentance and regret.

- Verse 10: "Create in me a clean heart, O God, and renew a right spirit within me."
- Verse 17: "The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise."

He asked for forgiveness and to be made clean in God's sight.

- Verse 1: "Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions."

LIFE GROUP

DISCUSSION QUESTIONS

- Verse 7: "Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow."

He made a commitment to renewal and restoration.

- Verse 12: "Restore to me the joy of your salvation, and uphold me with a willing spirit."
- Verse 13: "Then I will teach transgressors your ways, and sinners will return to you."

He offered God praise!

- Verse 15: "O Lord, open my lips, and my mouth will declare your praise."
- Verse 19: "Then you will delight in right sacrifices, in burnt offerings and whole burnt offerings; then bulls will be offered on your altar."

Pastor Dale gave some ideas in the sermon to focus your mind on God's truth and grace:

- Memorize scripture like Romans 8:1; 1 John 1:9 or Corinthians 5:17.
- Use the letters of the alphabet and force your brain to think of ways to praise God with each letter.
- Call a trusted friend and ask them to pray with you. It's like riding a bike; it will feel awkward at first, but soon, your bad thoughts will begin to diminish, and you'll be set free.

LIFE GROUP

DISCUSSION QUESTIONS

