

LIFE GROUP

DISCUSSION QUESTIONS

Aligning Our Emotions in Christ August 8, 2024

Summary

In the final message of the sermon series *Rediscovered: Unveiling Our Identity in Christ*, Pastor Dale explored Colossians 3:1-4 and Romans 5:1-5 to understand how our emotions can be transformed and aligned with Christ. Aligning our emotions involves letting God purify and guide them, practicing agape love, experiencing true joy and finding peace in God's sovereignty.

Scripture

"So now I am giving you a new commandment: Love each. Just as I have loved you, you should love each other. Your love for one another will prove to the world that you are my disciples."
John 13:34-35 (NLT)

"I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid." John 14:27 (NLT)

"I have told you these things so that you will be filled with my joy. Yes, your joy will overflow!"
John 15:11 (NLT)

Therefore, since we have been made right in God's sight by faith, we have peace with God because of what Jesus Christ our Lord has done for us. Because of our faith, Christ has brought us into this place of undeserved privilege where we now stand, and we confidently and joyfully look forward to sharing God's glory. We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation. And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love. Romans 5:1-5 (NLT)

We were given this hope when we were saved. (If we already have something, we don't need to hope for it. But if we look forward to something we don't yet have, we must wait patiently and confidently.) Romans 8:24-25 (NLT)

And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them. Romans 8:28 (NLT)

Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God's right hand. Think about the things of heaven, not the things of earth. For you died to this life, and your real life is hidden with Christ in God. And when Christ, who is your life, is revealed to the whole world, you will share in all his glory.
Colossians 3:1-4 (NLT)

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It was by faith that Moses left the land of Egypt, not fearing the king's anger. He kept right on going because he kept his eyes on the one who is invisible. Hebrews 11:27 (NLT)

Let's Start

If your emotions were a weather forecast today, what would the weather be and why?

Gratitude and Prayer

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

Let's Talk

1. How can understanding our peace with God through faith help us align our emotions with Christ?
2. How can we build our confidence and joy by recognizing our privileged position in Christ?
3. How can trials and challenges help us develop endurance and transform our character?
4. What is the difference between worldly love and God's love?
5. Pastor Dale shared four important qualities Moses demonstrated of a grounding faith:
 - Faith in God empowers us to act courageously.
 - Faith in God helps us overcome fear.
 - Faith in God requires perseverance.
 - Faith in God involves keeping our eyes on God.

What has been your experience with faith? Who do you personally know who has shown great faith?

6. How can we avoid negative influences and toxic relationships that hinder our emotional health?
7. How can we reject the world's substitutes for joy and find true joy in Christ?
8. What role do faith and hope play in steadying our emotions, and how can we cultivate them in our lives?

Let's Act

In the sermon, Pastor Dale listed several things we must be willing to do if we want healthy emotions:

- Avoid negative influencers and toxic relationships
- Avoid excessive media and digital overload
- Avoid unhealthy lifestyle choices
- Avoid stress and over-commitment
- Avoid negative thought patterns

