

## **Ruin To Renovation - Sermon #18 - Good Vibes**

### **Study Questions for Groups & Individuals**

#### **OPENER:**

As a group discuss what the following phobias may be a fear of - DO NOT look them up beforehand. You may need to go to [dictionary.com](http://dictionary.com) to find them. You also may want to write them largely on a sheet of paper for everyone to see beforehand. After you think you've defined them, look the definitions up to see how close you were...

- Hippopotomonstrosesquippedaliophobia
- Arachibutyrophobia
- Alektorophobia
- Ephebiphobia
- Anglophobia

#### **OPENINGPRAYER:**

Pull up the prayer requests from the church newsletter which went out this past week & pray through some of those items including Jen & Kathleen going to the Middle East from June 2<sup>nd</sup>-10<sup>th</sup>.

#### **DISCUSSION:**

In Galatians 5:19-21 it outlines, at least in part, the emotional/spiritual infant.

*<sup>19</sup> The acts of the flesh are obvious: sexual immorality, impurity and debauchery; <sup>20</sup> idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions <sup>21</sup> and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.*

In vv22-26, it outlines, at least in part the emotional/spiritual adult.

*<sup>22</sup> But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, <sup>23</sup> gentleness and self-control. Against such things there is no law. <sup>24</sup> Those who belong to Christ Jesus have crucified the flesh with its passions and desires. <sup>25</sup> Since we live by the Spirit, let us keep in step with the Spirit. <sup>26</sup> Let us not become conceited, provoking and envying each other.*

On the following pages are questions taken from an Emotional/Spiritual Inventory. Thinking about the ideas in Galatians 5 above, and your growth in the fruit of the Spirit, discuss statements 1-7 with each other, take a few minutes to write out your thoughts below each one.



## **PART A: General Formation & Discipleship**

1. I feel confident of my adoption as God's son/daughter and rarely, if ever, question his acceptance of me.
2. I love to worship God by myself as well as with others.
3. I spend quality, regular time in the Word of God and in prayer.
4. I sense the unique ways God has gifted me individually and am actively using my spiritual gifts for his service.
5. I am a vital participant in a community with other believers.
6. It is clear that my money, gifts, time, and abilities are completely at God's disposal and not my own.
7. I consistently integrate my faith in the marketplace and the world.

Take 10-15 minutes, and prayerfully choose only 1 statement from each of Principles 1-6 in Part B on the following pages (only 6 statements total). You may rate yourself in these statements from 1-4 if that helps (1 being not very true, to 4 being very true of you).

Write out your thoughts. Come back together & share them with the group as much as you're comfortable. Some things to consider as you explore these statements are...

- Do you do these things well?
- Do you need improvement?
- What holds you back?
- What would help?
- Take the time to read the accompanying verses which accompany the statements.

## **PART B: Emotional Components of Discipleship**

### *Principle 1: Look Beneath the Surface (Choose 1)*

1. It's easy for me to identify what I am feeling inside (John 11:33–35; Luke 19:41–44).
2. I am willing to explore previously unknown or unacceptable parts of myself, allowing Christ to more fully transform me (Rom. 7:21–25; Col. 3:5–17).
3. I enjoy being alone in quiet reflection with God and myself (Mark 1:35; Luke 6:12).
4. I can share freely about my emotions, sexuality, joy and pain (Ps. 22; Prov. 5:18–19; Luke 10:21).
5. I am able to experience and deal with anger in a way that leads to growth in others and myself (Eph. 4:25–32).
6. I am honest with myself (and a few significant others) about the feelings, beliefs, doubts, pains, and hurts beneath the surface of my life (Ps. 73; 88; Jer. 20:7–18).

### *Principle 2: Break the Power of the Past (Choose 1)*

7. I resolve conflict in a clear, direct, and respectful way, not what I might have learned growing up in my family, such as painful putdowns, avoidance, escalating tensions, or going to a third party rather than to the person directly (Matt. 18:15–18).
8. I am intentional at working through the impact of significant “earthquake” events that shaped my present, such as the death of a family member, an unexpected pregnancy, divorce, addiction, or major financial disaster (Gen. 50:20; Ps. 51).
9. I am able to thank God for *all* my past life experiences, seeing how he has used them to uniquely shape me into who I am (Gen. 50:20; Rom. 8:28–30).
10. I can see how certain ‘generational sins’ have been passed down to me through my family history, including character flaws, lies, secrets, ways of coping with pain, and unhealthy tendencies in relating to others (Ex. 20:5; compare Gen. 20:2; 26:7; 27:19; 37:1–33).
11. I don't need approval from others to feel good about myself (Prov. 29:25; Gal. 1:10).
12. I take responsibility and ownership for my past life rather than to blame others (John 5:5–7).

### *Principle 3: Live in Brokenness & Vulnerability (Choose 1)*

13. I often admit when I'm wrong, readily asking forgiveness from others (Matt. 5:23–24).
14. I am able to speak freely about my weaknesses, failures, and mistakes (2 Cor. 12:7–12).
15. Others would easily describe me as approachable, gentle, open, and transparent (Gal. 5:22–23; 1 Cor. 13:1–6).

16. Those close to me would say that I am not easily offended or hurt (Matt. 5:39–42, 1 Cor. 13:5).
17. I am consistently open to hearing and applying constructive criticism and feedback that others might have for me (Prov. 10:17; 17:10; 25:12).
18. I am rarely judgmental or critical of others (Matt. 7:1–5).
19. Others would say that I am slow to speak, quick to listen, and good at seeing things from their perspective (James 1:19–20).

#### *Principle 4: Receive the Gift of Limits (Choose 1)*

20. I've never been accused of "trying to do it all" or of biting off more than I could chew (Matt. 4:1–11).
21. I am regularly able to say "no" to requests and opportunities than risk overextending myself (Mark 6:30–32).
22. I recognize the different situations where my unique, God-given personality can be either a help or hindrance in responding appropriately (Ps. 139; Rom. 12:3; 1 Peter 4:10).
23. It's easy for me to distinguish the difference between when to help carry someone else's burden (Gal 6:2) and when to let it go so they can carry their own burden (Gal. 6:5).
24. I have a good sense of my emotional, relational, physical, and spiritual capacities, intentionally pulling back to rest and fill my "gas tank" again (Mark 1:21–39).
25. Those close to me would say that I am good at balancing family, rest, work, and play in a biblical way (Ex. 20:8).

#### *Principle 5: Embrace Grieving & Loss (Choose 1)*

26. I openly admit my losses and disappointments (Ps. 3:1–8; 5:1–12).
27. When I go through a disappointment or a loss, I reflect on how I'm feeling rather than pretend that nothing is wrong (2 Sam. 1:4, 17–27; Ps. 51:1–17).
28. I take time to grieve my losses as David (Ps. 69) and Jesus did (Matt. 26:39; John 11:35; 12:27).
29. People who are in great pain and sorrow tend to seek me out because it's clear to them that I am in touch with the losses and sorrows in my own life (2 Cor 1:3–7).
30. I am regularly able to enter into other people's world and feelings, connecting deeply with them and taking time to imagine what it feels like to live in their shoes (John 1:1–14; 2 Cor. 8:9; Phil. 2:3–5).

#### *Principle 6: Make Incarnation Your Model for Loving Well (Choose 1)*

31. People close to me would describe me as a responsive listener (Prov. 29:11; James 1:19).

32. I have a healthy sense of who I am, where I've come from, and what are my values, likes, passions, dislikes, and so on (John 13:3).
33. I am able to accept myself just the way I am (John 13:1-3; Rom. 12:3).
34. I am able to form deep relationships with people from different backgrounds, cultures, races, educational, and economic classes (John 4:1-26; Acts 10-11).
35. People close to me would say that I suffer with those who suffer and rejoice with those who rejoice (Rom. 12:15).
36. I am good about inviting people to adjust and correct my previous assumptions about them (Prov. 20:5; Col. 3:12-14).
37. When I confront someone who has hurt or wronged me, I speak more in the first person ("I" and "me") about how I am feeling rather than speak in blaming tones ("you" or "they") about what was done (Prov. 25:11; Eph. 4:29-32).
38. I rarely judge others quickly but instead am a peacemaker and reconciler (Matt. 7:1-5).
39. People would describe me as someone who makes "loving well" my number-one aim (John 13:34-35; I Cor. 13).

*As mentioned, all these statements are part of an Emotional/Spiritual Inventory. Your Community Group Leader will email it to you after group today. We suggest you take the Inventory, then find one other trusted mature believer to go through your results with you. Some things to remember...*

- *be honest, there's no shame, and this is not competition.*
- *ask the Holy Spirit to lead you in this endeavor, and consult Him often as you go through it.*
- *take your time, you may think through only one, or a few statements a day, there's no rush to finish. This is for you & ultimately between you & the Lord.*
- *find a mature Christian friend to go through your results when done. Allow them to speak truth into your life. Be open to good counsel. Pray together with them.*
- *from this you may foster a*
  - ***Vision** of what your life may look like as you grow in Christ.*
  - *Which will foster an **Intention** to get there hand-in-hand with Jesus.*
  - *And together with your friend, you can explore **Means** to move forward on your journey*
    - *(Quiet Times/Specific Prayer Items/Journaling/Scripture Memorization/Soaking Prayer with Others/Delving More Deeply in the Community of Faith/Practicing Self-Denial in Certain Areas of Life/Fasting/Reading/etc.)*