

# DISCUSSION IDEAS

## RENEWING OUR FEELINGS

1 JOHN 4:7-21

August 21<sup>ST</sup>, 2016

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- **DISCUSSION POINT ONE: WHO CONTROLS OUR FEELINGS?**

1. How do our thoughts influence our feelings?
2. See 1 John 4:7-21, How can we begin to have victory over our feelings?
3. What are some challenges we face in the battle for control of our feelings?
4. If feelings come from our thoughts, what things heavily influence our thoughts? Both positive and negatively.

- **DISCUSSION POINT TWO: THE MORALITY OF OUR FEELINGS.**

5. Our feelings come on so fast sometimes, so how can we know whether a specific feeling is right or wrong?
6. Why is it insufficient to simply control sinful ACTIONS during a moment of sinful FEELINGS? Why do we need to go the work of changing our feelings?
7. What feelings did Jesus express as we see him through the Gospels?
8. What made it so his feelings weren't sinful?

- **DISCUSSION POINT THREE: CULTIVATING CHRISTLIKE FEELINGS**

9. When we think about Christlike feelings, think of them in terms of a mirror. When we look into a mirror what do we see? Is the mirror GENERATING that image? Is the source of your image the mirror? Of course not. It is simply a true reflection.
10. If we try to simply GENERATE Christlike feelings we will fail and be continually frustrate. If we try to REFLECT Christlike feelings we will find love joy and peace in abundance.
11. Our focus must be on the Father, Son and Spirit, and as we grasp deeper the love God has for us, we can seek to reflect that to others.
12. Read Romans 8:31-39: What are some of the things done for us in this passage alone?
13. What does this reveal about God's feelings towards us?
14. What types of things from this passage can we REFLECT to others?

- **FOR MEDITATION: AT HOME THIS WEEK:**

15. Keep track of the things you let fill your thoughts, especially through the very powerful medium of media. Music and Movies/TV directly impact your thoughts

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16. Honestly and scripturally evaluate these things to see if they honor the Lord and help you reflect Christlike feelings towards others.
17. Certain people in our lives tend to bring out the worst of our feelings, submit these to God in prayer, and actively/prayerfully look for a way to show love to that person, regardless of your feelings.

• **IF I CHANGE MY THOUGHTS, MY FEELINGS WILL FOLLOW**

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• **FOR PRAYER:**

Continue to uphold the Shelter Valley believers, and the GCC team that serves there.

Continue to pray for the children impacted by VBS. Pray for the new believers, that God would protect their young faith. Pray that their faith would impact their families and homes.

Continue to pray for the Pearsons as they continue to find various ways to serve Jesus.

Let's continue to pray for the Lord's love and power to be seen in Barangonan Island.

Pray for encouragement for Benders and Ingvoidstads. Ask God for protection from injuries and from sickness.

Thank God for the Helicopter that is now available.

Pray for the Barangonan believers as they begin teaching other tribes the Gospel!

Pray for the men who are growing in Christ and taking on greater responsibilities on Barangonan Island.

Thank God and uphold in prayer the "TFG" (Time For God) group of children and young folks who meet every day!

Pray with the strong, self-motivated women's group as they study God's Word and grow to be mature believers.