

March 15, 2020 | In My Feelings – Week 2

Group Discussion Questions

GROUP PREP

In preparation for group, read [1 Kings 19:1-18](#) and [watch Emmanuel's weekend service's message](#), then answer the following discussion questions.

INTRODUCTION

What ruins our lives? It is not failure, loss, or difficult situations. It is our feelings about those events that will either empower or stifle us when we attempt to move forward. Sadly, many of us fall to the latter. If we want to stop our feelings from running our lives, we must create the space necessary to recover, think, and hear God's voice.

DISCUSSION QUESTIONS

1. What decisions have you made this past week that were based on feelings and not on principle or discipline?

What is meant by "create space," and in what different ways do people make this happen?

Are you a creator of space? If so, how? If not, what keeps you from creating space?

2. In the story of Elijah found in [1 Kings 19](#), we witness him self-destructing because of a tough situation he encountered [\(v.4\)](#). What difficulty are you currently facing, and concerning your feelings, how has it caused any self-destruction?

God can speak to us using powerful events, such as wind, fire, and an earthquake [\(v.11\)](#), but at this moment, why does God decide to whisper instead of shout?

In your life, what is so loud that you are having trouble hearing God's voice?

How was God able to turn Elijah's self-destructive feelings back into a force for building His Kingdom? How does God's approach change how we should approach those who may be struggling with the same kind of self-destructive feelings?

3. In the story of Elijah, we can witness how God helped him created the space necessary to recover, think, and hear God speak.

Space helps us recover. When overwhelmed with life, it's easy to allow our feelings to become emotionally unstable. What do you need to recover from, and what type of space do you feel would most help you recover?

[4 Ways That Sleep Deprivation Can Harm Your Emotional Health](#)

Space helps us think. When Elijah felt overwhelmed, God allowed him to think by asking him twice, "What are you doing here?" Why does creating space help us think more clearly?

Space helps us hear God speak. What should space look like to hear God's voice clearly?

ACTION STEP

4. The Prayer of Examen is one way to consistently create the space necessary to recover, think, and hear God speak. Take a moment to discuss and explain the five steps in this prayer, then use the final 5-10 minutes of group time to work through this practice either individually or as couples.

Going forward, how will you consistently create the space necessary to recover, think, and hear God speak?

Recommended Action Steps

1. **Prayer of Examen.** Set aside 5-10 minutes daily to practice the five steps associated with the Prayer of Examen.
 - a. **Invite the Holy Spirit's guidance**
 - b. **Review the day in thanksgiving**
 - c. **Notice any feelings that surface**
 - d. **Pray from these feelings**
 - e. **Look forward to tomorrow in hope**
2. **Memorize Scripture.** Verse of the week is [Proverbs 28:26](#) . "Whoever trusts in his own mind is a fool, but he who walks in wisdom will be delivered."
3. **Read a Book.** Recommended reading that partners well with the series In My Feelings:
 - a. [Emotionally Healthy Spirituality](#) by Peter Scazzero
 - b. [Emotionally Healthy Leader](#) by Peter Scazzero
 - c. [The Eternal Current](#) by Aaron Niequist
 - d. [Encouraging the Heart](#) by James Kouzes and Barry Posner.

OUTREACH: GROUPS IN ACTION

To determine how your group can serve together in our community, email Breanne Schafer at bschafer@eclife.org.

FILL IN THE BLANKS BELOW FOR THIS UPCOMING WEEK'S ACTION STEPS.

My action step is _____.

This coming week, I will encourage _____ to complete their action step.

Their action step is _____.

My memory verse is _____.

This coming week, I will pray for the group's following prayer requests:
