

## DIGGING DEEPER (cont.)

3. Emotions in and of themselves are often a beautiful thing, but the Bible has a lot to say about how and why we are to control them. Have someone read each of the following verses and then answer them as a group:

- **Ephesians 4:26-27**

Is it okay to be angry? How does the Bible say we should handle anger when it comes? In what ways might handling your anger this way benefit you personally, as well as the state of your relationships?

- **1 Timothy 3:1-3**

Why is it important for leaders of the church to be self-controlled? Why do you think Paul takes the time to make a clear mention of this trait to Timothy?

- **Galatians 5:17-25**

What is the opposite of a life led by the Spirit? How do the Fruit of the Spirit combat the desires of the flesh? How do you interpret the importance of self-control from these verses? In what ways should self-control manifest itself in the Christian life?

## TAKING IT HOME

1. What emotion do you struggle most to control? What are some strategies you have learned today that you can apply this week?
2. In what ways can controlling your emotions help you strengthen your testimony this week?

## SUNDAY OCT. 30, 2016

**Series:** "Overcoming Obstacles That Trip You Up"

**Message #3:** "Controlling Your Emotions Before They Control You"

**By:** Pastor Mark Brunott

### MESSAGE NOTES:

#### The story of Elijah – 1 Kings 19:1-18

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|-------------------|---------------------------------------------------------------|
| 1 Kings 19:1      | Jezebel is told about how Elijah killed the prophets of Baal. |
| 1 Kings 19: 2     | Jezebel sends out a <b>death warrant</b> on Elijah.           |
| 1 Kings 19: 3     | Elijah <b>flees</b> out of fear for his life.                 |
| 1 Kings 19: 4     | Elijah experiences a great <b>depression</b> .                |
| 1 Kings 19: 5-6   | God <b>takes care</b> of Elijah.                              |
| 1 Kings 19: 9     | Elijah has a personal encounter with <b>God</b> .             |
| 1 Kings 19:10     | Elijah asks God to <b>end</b> his life.                       |
| 1 Kings 19: 11-13 | God <b>speaks</b> to Elijah in a gentle whisper.              |
| 1 Kings 19: 14    | Elijah responds to God in <b>anger</b> and self-pity.         |
| 1 Kings 19: 15-18 | God gives Elijah a new <b>job</b> to do.                      |

#### Insights about depression:

- Depression can **follow** a mountaintop experience.
- Depression can be the result of **anger** and self-pity.
- Depression can be the result of a chemical imbalance.
- Depression is an experience that is **common** to man.

#### Helps for handling depression:

- Be **honest** with God about how you are feeling.
- Ask God's forgiveness for **unresolved** anger or self-pity.
- Trust God day by day no matter how you **feel**.
- Look for opportunities to **care** for others.
- Rest, eat right and get regular exercise.
- Don't **quit** no matter how anxious or hopeless you feel.
- Get professional help if needed.

## LIFE GROUP HOMEWORK:

### QUICK REVIEW

This week, Pastor Mark discussed how we can control our emotions, especially when it comes to things like fear and depression.

What is one key truth you pulled out of his message?

### MY STORY

1. Describe the happiest moment of your childhood.  
What made it so special?
  
  
  
  
  
  
  
  
  
  
2. If you feel comfortable, share with your Life Group about a time you felt like you were losing control of your emotions.

## DIGGING DEEPER

1. Learning to control our emotions can be a real struggle. It's so much easier just to let them control us. But exercising self-control can be extremely beneficial. Have one of your Life Group members read Proverbs 16:32 and 25:28.
  - Why do you think Solomon equates self-control with the walls of a city in this verse? What are the benefits of self-control? What might it protect us from?
  
  
  
  
  
  
  
  
  
  
2. Failure to control our emotions – especially anger – can quickly result in a lack of control over what we say. Read James 1:19-27 and answer the following questions:
  - What reasoning does this verse give us for the necessity of controlling anger? What might being slow to anger have to do with humbly accepting the Word that God has planted in our hearts?
  
  
  
  
  
  
  
  - How could failing to bridle your tongue render your religion worthless? Have you ever seen or experienced this? What did it look like?