

<p>becoming emotionally alive</p>		<p>21 May</p>
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spiritually | physically | relationally | **emotionally** | financially

key passages

Habakkuk 2:4

Psalm 121:1-4

Philippians 4:4-9

1 Peter 5:7

Talking through the biblical text during the week helps turn what God is saying into action steps. Here are some questions to start.

- What questions and comments do you have about the sermon and supporting texts?
- This week we are looking at becoming **Fully Alive: emotionally**. What does this look like for you? What are some signs that you are **fully alive** emotionally or struggling emotionally?
- What have you done in the last week that has helped you become more **fully alive** in an area(s) of your life?

Read **Philippians 4:4-9**

- Paul starts this section by saying “*Always be full of joy in the Lord... Don’t worry about anything.*” Really? Is this possible? How?
- What is the difference to “rejoicing *in*” and “rejoicing *despite*”? How can you rejoice despite the circumstance(s)?
- Paul then says, “*pray about everything.*” Do you? What does this look like for you? What stops you from praying about everything?
- Someone has said, “*What we pray about reveals what we believe about God.*” In what way(s)?

Read **Philippians 4:6-7** in **The Message**

- Eugene Peterson has a great way of describing the link between prayer and peace. What is it?
- What role does peace play in becoming emotionally alive?
- What do you understand Paul to mean when he says:
 - we can have “*Peace that passes understanding*”
 - & “*His peace will guard your heart and mind*”?
- Pastor Mike said “*Our emotions, how we feel, are tied to whether... we believe we can choose we choose to rejoice we choose to pray we can make choices as to how we think.*”

Do you agree? Why or why not?

- Do you believe we can make choices and that everything in life is not predetermined? If so, what healthy choices do you make?
- How can you respond to people who say life is predetermined?

Read **Philippians 4:8** in several translations

- This is a good verse to memorize / print out so you can see it all the time
- What are these things in your life?