

(New) Normal

BUILDING HEALTHY EMOTIONS

Big Idea

This week, Pastor Chris continued the discussion on what it looks like to live out our “new normal.” While we’re all aware of the effect COVID-19 could have on our bodies, we need to pay attention to how this crisis could be affecting our souls. 1 Thessalonians 5:23 tells us that God desires for us to experience peace in our spirit, soul, and body. However, we often experience things that keep us from the emotional freedom that He wants for us. During a crisis, we may experience shock, and it can prevent us from seeing God and His plans for us clearly. If we let our emotions rule, we often begin to feel sorrow. While sorrow is a natural response, we don’t need to become overwhelmed by our grief. This can lead to an emotional struggle that keeps our focus on the symptoms of our situation instead of the solutions.

Thankfully, Matthew 7:24-25 (MSG) provides us a framework for building a rock-solid emotional life. The first step is to lay a strong foundation with relationships and connectedness by daily connecting with God and others. Then, we need to structure our lives with purpose and routines. Once we begin living in our purpose, we will grow in trust and self-control. We will be able to dive into the things we can control and trust God with the things we can’t. As Reinhold Niebuhr said, this will allow us to experience joy in this life, and we will be “supremely happy with God forever” in eternity.

Discussion Questions

- Are you experiencing shock, sorrow, or struggle in your current emotional life? What would it look like for you to invite God’s peace into your emotions?
- What is your next step for building a rock-solid emotional life? What’s one thing you can do this week to begin that journey?
- What is one area in your life where you struggle to trust God? What is another area where you think He might be calling you to dive in?

Prayer Focus

“God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. Living one day at a time, enjoying one moment at a time, accepting hardship as a pathway to peace; taking, as Jesus did, this sinful world as it is, not as I would have it; trusting that You will make all things right if I surrender to Your will; so that I may be reasonably happy in this life and supremely happy with You forever in the next. Amen.” – Reinhold Niebuhr

Next Steps

Take time this week to make a list of things that are out of your control. Spend ten minutes “getting your worry out,” and then surrender each of them to God in prayer. Experience His peace as you trust in Him!

Leader Tip

Think of some examples and stories of how God has transformed your emotional life. Share with the group a time when you have experienced peace in a situation that was out of your control.

