

## **STUDY QUESTIONS FOR THE HEALTHY SOUL, PART 9: EMOTIONS**

### Introduction

When Wyatt Earp lost his wife and unborn baby to typhoid fever he burned his house down, quit his law studies, left his family behind, and went on a year-long drunk. Share some examples you have seen of allowing emotions to rule our lives.

### Luke 10:38-42

1. Are you more like Mary or Martha? Is quiet devotion automatically more godly than active service? What was Martha's true lack at this moment? Do you think she learned from this?
2. Evidences of an emotionally unhealthy pattern of life include the following. Without condemning others or wallowing in shame, describe scenarios you have seen or lived which display these characteristics from *Emotionally Healthy Spirituality* by Peter Scazzero:
  - a. "Living without limits," meaning that we take responsibility for the happiness of others, for saving the world, or for anything which we cannot actually control.
  - b. "Doing for God rather than being with God," which means thinking of God as a taskmaster rather than a loving Father; following a religious impulse based on guilt and obligation.
  - c. "Ignoring the emotions of anger, sadness, and fear." 'Nuff said.
  - d. Judging the spiritual journey of others.

### 2 Timothy 3:6-7

1. What are some examples of the "various impulses (lusts or passions)" by which we allow ourselves to be led, sometimes to the slaughter?
2. Describe some situations where religious charlatans have created havoc in people's lives. What is the solution to this?
3. How do our feelings often negatively impact our ministries and our fellowship in the church?

### 1 Peter 1:22-23

1. Explain how unpurified emotions are a defective basis for Christian living.
2. Read Ephesians 5:25b-26. How does the word of God wash us?
3. Read 1 John 2:9-11. Share an example, perhaps from your own life, where someone's spiritual life went backwards due to a failure to "wash" their souls in the word of God. What should such a person do to remedy this? How can we help them?
4. What role does a submissive spirit play in the transformation of our emotions?