

# Water of Life Community Church

## HEARTSICK

### EMOTIONS THAT CAN WRECK YOUR JOURNEY

WEEK 1

MATTHEW 15:1-20

PARTICIPANT GUIDE

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## ICE BREAKER

## PRAYER

## WORSHIP

## INTRODUCTION

We all have emotions and they are a huge part of our lives. Emotions can be life-giving, but some can become toxic and can kill our hearts. Jesus doesn't want us to manage our emotions, he wants to heal them so we can deal with reality in a real way.

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## DISCUSSION QUESTIONS

1. READ MATTHEW 15:1-20.

a. The Pharisees are posing questions to Jesus to trap him. Compare the "rule" the Pharisees were accusing Jesus of breaking, to the commandment Jesus charged them with. What is God's concern here?

b. The Pharisees made their accusation from their traditional practices. They were not even written laws. Why did Jesus quote Isaiah in verse 4?

c. Read Proverbs 4:23. We often think we can control our emotions and if we don't say anything, it won't hurt anyone. How can harboring toxic emotions hurt us? How can they hurt others even when we don't say anything?

d. Psalm 139:23-24 is David's way of keeping his heart clean. How can we make his practice a habit of our own?

2. READ PROVERBS 28:14.

a. Hardening the heart is what we do when we make excuses. We justify our thoughts and ultimately our actions and we don't worry about it. What is the purpose of guilt?

b. Pastor Dan says that guilt travels with us. It can often turn into anger as we are angry at ourselves. This bleeds out onto everybody around us. What do we do with guilt?

c. Read Romans 8:1-4. According to these verses, what does God do with the sin that shames us? How does he remove the guilt?

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## PRAYER/MINISTRY TIME

- Psalm 139:23-24 directs us to ask God to search us and test us. How can you apply these verses to your life?
  - Have you identified an emotion that tries to control you? What do you now know about what to do when an emotion becomes toxic?
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## GOING DEEPER/WEEKLY CHALLENGE

### REFLECT

- What emotion is competing for control of your life?

### RESPOND

- What is one thing you can do this week to open up and receive God's healing?

*Also ... Subscribe to our e-devotionals by texting "eDevotional" to 67076; or go to [wolgroups.com](http://wolgroups.com) and click on the eDevotional button for daily testimonies relating to this week's theme.*

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## MEMORY VERSE

Romans 8:1(NASB)

"Therefore there is now no condemnation at all for those who are in Christ Jesus. "

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## NOTES