

Water of Life Community Church

HEARTSICK

EMOTIONS THAT CAN WRECK YOUR JOURNEY

WEEK 2
MATTHEW 15

PARTICIPANT GUIDE

ICE BREAKER

PRAYER

WORSHIP

INTRODUCTION

We all have emotions. They are a huge part of our lives but they can kill our hearts. They are the reason we sometimes do things we cannot believe...they can distort reality. Too often we compare our lives to others' lives and we end up living in discontentment. Small thoughts can become big poison!

DISCUSSION QUESTIONS

1. READ MATTHEW 15:17-19.

- a. Many times we think evil thoughts are harmless if they stay unspoken. In the list of evil things in Matthew 15:19, how can thoughts grow into these harmful acts?
- b. Read Mark 7:21-22. Mark adds coveting, envy, pride and foolishness to the list noted in Matthew. How can these emotions poison the heart?
- c. Has envy ever made you glad when someone else failed at something? What can you do to keep envy at bay?
- d. Read Proverbs 14:30. What can envy do to you according to this scripture?

2. READ ECCLESIASTES 4:4.

- a. Envy can seem important when we are trying to prove ourselves. How can it be meaningless?
- b. Read Ecclesiastes 4:6. How can we be content with our journey? What drives us to "chase after the wind?"
- c. Read Galatians 5:16-26. What is Paul's answer to toxic emotions? What can you begin to do today to walk in the Spirit?

d. Read Ecclesiastes 4:7-8. Who are you toiling for? What are you trying to prove?

PRAYER/MINISTRY TIME

- What comes out of our hearts can defile us, or take something holy and make it unholy. What is one fruit of the Spirit that you need most? Ask God to grow it in you.
 - Pastor Dan said, "You will never fulfill your destiny longing for someone else's destiny." Ask God to fulfill his destiny in you today.
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GOING DEEPER/WEEKLY CHALLENGE

REFLECT

- What are you depriving yourself of by envying someone else?

RESPOND

- Take a moment this week and express gratitude for what you have.

Also ... Subscribe to our e-devotionals by texting "edevotional" to 67076; or go to wolgroups.com and click on the eDevotional button for daily testimonies relating to this week's theme.

MEMORY VERSE

Galatians 5:16 (NASB)

"But I say, walk by the Spirit, and you will not carry out the desire of the flesh."

NOTES