

life groups

NorthStar Church

“Pour It Out” Pt 2

Spencer Bernard – West Campus

April 29 & 30, 2017

Psalm 13

Main Idea

When you're angry, isolated and afraid the ways of God become very unappealing and seemingly irrelevant. We need to understand these emotions in the context of surrendering our lives Christ.

Introduction

Emotions are a great indication of what is going on in our hearts. Many of us live by and make decisions based on our emotions. Sometimes our emotions are irrational.

(have some fun with this) What irrational fear do you have that most people do not have? (Like Spencer's fear of spiders) and is there a back story for the basis of this fear?

But a lot of our emotions are rational. Fear of losing a job, fear of losing a loved one or fear of getting hurt physically or emotionally. Sometimes our emotions are legitimate. What rational fears do you have that you are willing to share with the group?

So many of us live with all kinds of emotions bottled up in us and we end up making decisions based on those feelings.

Understanding

Spencer wants us to understand that three emotions in particular have the potential to destroy our lives. Anger, isolation and fear have the potential to crash through every moral and ethical boundary we have set for ourselves. When we are overwhelmed with those three emotions, we feel the need to do something, and we usually end up making a decision based on those emotions that makes our lives much more complicated. Someone read Psalm 13: 1-4. David once again is pouring out his emotions and is asking; how long will I keep living by my emotions?! Spencer then reminded us of one of David's big mistakes when he was around the age of 22. He felt abandoned, angry, and afraid...so he ran away, which led to a lot of other bad decisions. David forgot that God was with him. Sometimes, in the moment, it feels good to control a situation or to take matters into our own hands, but it usually doesn't turn out well. Do you have a story of a time in your life like that? Where you reacted through your emotions then remembered God later? How did that turn out? How can we overcome these emotions when they hit us?

Application

Spencer shares three things from David's story that God wants you to do:

1. We Must Remember. When emotions run high we must stop and remember who we are and Whose we are. What would this look like for you? What would your game plan be?
2. We Must Live By Truth, Not Emotion. We must not let emotions dictate our actions. We need to ask ourselves who else will be affected by our actions. Who's future hangs in the balance based on the decisions you make based on anger, isolation and fear? How might it affect them?
3. We Must Stop Running and Wait on God. Have someone read Psalm 13: 5-6. God is the place we run to. He is our refuge and strength. What does this look like for you in your daily life? How do you or how should you "wait on God?" How can you make God your refuge today?

Pray

These truths about emotions have a great deal to do with making decisions. What are some decisions in your lives that you can all pray together for God's clear will to be discerned?

Remember to recognize Yahweh's authority over all things (see Dan. 12:2).