

Running on Empty: Emotions

Life Steps | November 11 & 12, 2017

Monday

Mark 12:28-34

Jesus commands us to love emotionally, physically, mentally and spiritually. Which of these “loves” is the hardest for you to practice? Why is it hard? What is keeping you from learning how to overcome and love as Jesus commanded?

Tuesday

I Kings 18:16 – 46

Elijah experienced the power of God but the experience also drained him. Have you ever had a positive experience that was also emotionally and spiritually draining? What was it? How did you rest and recover?

Wednesday

I Kings 19:1-11

Elijah was on top of the world but his world quickly crashed. What sent him over the edge? Have you ever allowed someone to send you over the edge? God gave Elijah the emotional rest he needed. What can you learn from this story and apply to your own need for emotional recovery?

Thursday

Psalms 27

What did David say he wanted more than anything else? Why do you think David wanted this “one thing” more than anything else? Consider all of the life situations that are currently emptying you emotionally. Read Psalm 27 again and listen for God’s personal action steps for you. Journal what you hear God say.

Friday

Matthew 11: 25-30

Jesus promised to give us rest. In what areas of your life do you need to rest? On a scale of 1 (low) – 10 (high), how much do you trust God right now? Verse 29 challenges us to learn from Jesus. Refer to your message notes, what thus far are your key emotional boundary learnings?

Saturday

Luke 5:1-16

Scan all of chapter 16. Why do you think Jesus often withdrew to lonely places to pray? (Vs 16) What does silence and solitude look like for you? When and where do you have time to spend with God? Or, what prevents you from spending time with God?

Sunday

Exodus 34:29-35

Times of silence and solitude replenish us emotionally, mentally and spiritually. Moses spent so much intimate time with God that it changed his face. How has time spent with God changed you? Who will you encourage to imitate your disciplined spending time with God practice?