



## **SERMON DISCUSSION GUIDE**

### **Emotional | Week 1**

#### **Ambushed**

#### **Matthew 4:1-11**

**April 19, 2020**

#### **Big Idea**

Jesus was ambushed by emotion just like we are, and He models for us things we should do to gain our immediate footing when the ambush hits.

#### **Opening Questions**

- 1 – If you could describe how you are feeling today with an emoji, what would it be and why?
- 2 – As we turn our attention toward emotion, have your emotions been all over the board or relatively consistent during this season of COVID-19/Isolation? What things are influencing your emotional state that you should perhaps avoid more or do more of?

#### **General Sermon Thoughts/Questions**

- 1 – Turning our attention to this past week’s sermon, are there any things that immediately stood out to you? What do you remember?
- 2 – The pastors discussed as Christians we tend to be formulaic about our faith regarding negative emotions, thus causing two extremes. One extreme is a person who tries to ignore negative emotion by putting a Band-Aid over it. The other extreme is a person who feels guilt and becomes more “works” oriented in their faith (i.e., prayer + church attendance + religious activity). People on both sides of this spectrum tend to see negative emotion as either a sin or cannot reconcile it in a healthy way with their faith.
  - a. Thinking of those two ends of the spectrum as a teeter-totter, where would yours lean? If you feel it is quite balanced, was it always? How have you grown in this area?
- 3 – Before we turn our attention to Jesus and the key scripture, let’s have a little fun! It is healthy to realize God has emotions as well and thus we, being made in His image, are okay to feel all kinds of emotions. So, starting with the facilitator let’s go around and one at a time: name an emotion or feeling we see God or Jesus have in the Bible. See how many you can name!

## Key Scripture Questions

Read Matthew 4:1-11 aloud.

1 – What different emotions do you suspect Jesus is feeling here?

2 – Do you recall what Jesus experienced just one chapter earlier, in Matthew 3:13-17? Read Matthew 3:13-17. What different emotions do you think Jesus felt here? And, with that said, do you think this was a big emotional swing for Jesus? Why or why not? (Bonus material: share the emotions you felt at your baptism if you have been baptized).

3 – Have you ever experienced a huge swing of emotion like Jesus must have between chapters 3 & 4 of Matthew? Please share if you could.

4 – Reflecting back now on Matthew 4:1-11, what is the evidence (things said, passages, etc.) that shows where Jesus has His foundation after being rocked by the ambush?

5 – The focus of this sermon is on emotion but how would you describe Jesus' *attitude* as He responds to Satan? Is He cowering, wavering, unsure or...something different? Describe.

6 – Read John 1:12. How can truth like this assist you when your emotional ambush hits?

## Application Questions

1 – What do you think the Holy Spirit may be saying to you through this sermon and/or our discussion?

2 – What is something God wants you to now do?

3 – Besides praying for each other regarding all this, is there a way we can help each other apply what God is showing us?

## Prayer Time

Dear Heavenly Father, thank you that Jesus, while being fully God, was also fully human. Because in that we see that it is ok to feel and to acknowledge that. And His example of handling that equips us to in ways that honor and glorify you. As we are on a journey of becoming more like Jesus please help us to discover wholeness emotionally through our learnings and discoveries through this sermon and our discussion. And give us the power through Your Holy Spirit to take action per the application questions. Amen.

## Further Recommendations

Download or print the Reading Plan ([watermarkwesleyan.com/readingplan](http://watermarkwesleyan.com/readingplan)) that has been created for this series for more personal exploration time with this topic.