



## **SERMON DISCUSSION GUIDE**

### **Emotional | Week 2**

#### **Name Them**

**1 Samuel 21, 22:6-3, 23:1-5**

**April 26, 2020**

#### **Big Idea**

When we pause to evaluate our emotions the result is an opportunity to grow in our faith.

#### **Opening Questions**

1. Emoji check-in: Which emoji face describes how you have been feeling over this past week and why?
2. What are some things you're enjoying doing these days? What things help you maintain a positive attitude and good perspective?

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

1. Turning our attention to this past week's sermon, are there any things that stood out to you? What do you remember about the message?
2. Looking back over this past six weeks or so, have you experienced much change in your overall emotional feeling or has it been fairly steady? What has that been like for you?
3. Do you find it easy or difficult to discuss your emotions? Why do you think that is?

#### **Key Scripture Questions**

Before you read our key scripture remember the scene: Saul has recently tried to kill David (a commander in Saul's army) by throwing a spear at him as a result of his jealousy (fear of losing power). So, David is on the run for his life. With that in mind, read **1 Samuel 21:1-15**.

1. Pastor Ken mentioned that in this chapter David lied out of fear of his situation. Recap those lies as a group from what you just read.
2. Read **1 Samuel 22:6-23** which describes Saul's pursuit of David. From this reading recall the consequence of David's lies. What were they? What do we also see here that David understood (vs 22b)?
3. It can sometimes be helpful to hone in on and identify our emotions beyond a simple emoji. Check out the following image and track through your own primary emotion to identify what you may truly be feeling.

<b>Fear</b>	Rejected	Alienated	<b>Happy</b>	Joyful	Liberated	<b>Anger</b>	Hurt	Embarrassed	<b>Disgust</b>	Disapproval	Judgmental
		Inadequate			Ecstatic			Devastated			Loathing
		Jilted			Elated			Crushed			Contempt
	Submissive	Insignificant		Interested	Amused		Threatened	Exposed		Disappointed	Repugnant
		Inert		Inquisitive	Jealous		Hateful	Jealous		Awful	Revolted
		Passive		Attentive	Vulnerable		Mad	Resentful		Avoidance	Disillusioned
	Insecure	Inferior		Proud	Important		Violated	Resentful		Awful	Revelation
		Apprehensive		Delighted	Confident		bitter	Violated			Detestable
		Unsure		Accepted	Delighted		Furious	abhorrent			Aversion
	Anxious	Nervous		Powerful	Respected		Enraged	Enraged		Avoidance	Hesitant
Overwhelmed		Peaceful	Fulfilled	Snapped	Snapped	Timid					
Distressed		Intimate	Welcomed	Aggressive	Provoked	Guilty	Remorseful				
Scared	Frightened	Optimistic	Provocative	Hostile	Hostile		Ashamed				
	Terrified	Hopeful	Courageous	Contentious	Contentious		Responsible				
	Panicky	Cozy	Dynamic	Frustrated	Infuriated	Abandoned	Ignored				
Worried	Tense	Arrogant	Hopeful	Irritated	Victimized		Forgotten				
	Distracted	Appreciative	Loving	Concerned	Forgotten		Powerless				
	Uneasy	Grateful	Gentle	Distant	Withdrawn	Despair	Miserable				
<b>Surprise</b>	Startled	Playful	Suspicious	Suspicious	Standoffish		Depressed	Dragged			
		Sensitive	Critical	Sarcastic	Scolding			Empty			
		Cozy	Indignant	Scolding	Lonely	Somber					
	Confused	Optimistic	Offended	Annoyed	Lonely	Detached	Bored	Isolated			
		Arrogant	Offended	Livid	Lonely	Outcast					
Stunned	Appreciative	Offended	Incensed	Lonely	Outcast	Apathetic					
	Arrogant	Offended	Incensed	Lonely	Outcast	Indifferent					
Amazed	Appreciative	Offended	Incensed	Lonely	Outcast	Disinterested					
	Appreciative	Offended	Incensed	Lonely	Outcast	Disinterested					
Excited	Appreciative	Offended	Incensed	Lonely	Outcast	Disinterested					
	Appreciative	Offended	Incensed	Lonely	Outcast	Disinterested					

Now that you identified it, can you think of a way that you could respond in a healthy way to that emotion? Rather than just avoid it, how do you suspect God may want to help you grow through it?

4. Read **1 Samuel 23:1-5**. How would you describe what is happening here? Can you relate? Is there an emotion or area of your life that you are trying to fix/fight too much in your own strength versus the Lord's?

### 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 – Beyond prayer for each other is there a way we can help each other apply what God is showing us?

### Prayer Time

Dear Heavenly Father, thank you that you are bigger than any fear or negative emotion that threatens to consume me. Help me to focus more and more upon you and less and less upon the emotion. Amen.

### Further Recommendations

Download or print the Reading Plan ([watermarkwesleyan.com/readingplan](http://watermarkwesleyan.com/readingplan)) for more personal exploration.