

Small Group Lead Notes-Lesson 5

- **Ppt1: four:one Journey – Lesson 5**
 - Have this opening ppt. Up each week as participants arrive, to provide a sense of welcome and readiness for the upcoming session
- Follow the outline on Page 5-3 for the Welcome & Prayer
- Address unfinished material from previous lesson if necessary
- Discuss homework completed from previous lesson.

Lesson 5 – With All My Heart: The Connection of Heart & Emotions

- **Prepare: (write key words on the whiteboard)**
 - Have someone read the **Take Away** from the Lesson 5 Video.
 - Why is it we tend to believe that our heart may not be righteous even after we sincerely believe that we have experienced salvation?
 - How might this mesh with what we have already learned about sanctification?
 - As you watched Pastor Brian Kinlaw and Troy and Melissa Haas, did you capture any notes on which you'd like to comment?
 - What truths from this video impressed upon your heart?
 - **SGL Note: You may choose to write key words or concepts on the White Board which may be helpful in understanding about the heart?**
- **Participate:**
 - Introduction: **Ppt2: Have someone read Jeremiah17:5-10**
 - On the White Board create two columns-Cursed and Blessed
 - Lead the group to make observations on each from Scripture.
 - Lead the group through the questions on 5-4 as well as the remainder of this Introduction section
- **A Biblical Look at the Heart**
 - Work thru p. 5-8 through 5-13 with your Small Group
 - Insure they have answered all the questions and have a good grasp of the Biblical Look at the Heart section.
 - **Ppts. 3, 4, 5, 6 & 7** support these pages
- **Ppt. 8 The Heart Relationship to Our Emotions**
 - Have someone read the Chip Dodd quote on p. 5-14.
 - **Men:** In our culture, we've been called "logical", "left-brained", "just the facts please", "Problem solvers" and overall referred to as not being emotional enough. Could we stop right now and ask the Lord to help us understand His mind on the matter of not being afraid to express emotions but be benefitted by them?

- **Women:** In our culture, we've been called "overly emotional", "drama-queens", "easily mis-understood", and simply overall referred to as too emotional. Could we stop right now and ask the Lord to help us understand the gift of emotion and seek to understand His mind on the matter of not being ruled by emotions but be benefitted by them?
- **Emotions Defined**
 - Have someone read the definition at the bottom of p. 5-14
- **Why Do We Have emotions**
 - Review this section
 - From Gen 1:27, Gen 6:6, Ex 4:14, Num 32:13a, John 11:35, discuss the emotions expressed.
- **Identifying and Living with Emotions**
 - Work through this section
 - Before leaving this section you may want to ask:
 - Can you identify some of the emotions you most frequently feel?
 - Do you feel uncomfortable with some of your emotions?
 - What it would be like (feel like) to be comfortable with these emotions (or to not be/feel controlled by them)?
 - What emotions were you not allowed to feel as a child?
 - Did your parents model their handling of emotions well?
 - Would you want to be "like them?"
- **Managing your Emotions**
 - Review this section on 5-16 & 5-17
 - **Ppt. 9** Have someone read aloud the final paragraph on p 5-17. Afterwards, ask:
 - When emotions run high and our tendencies have been to let our emotions have their way, from Lesson 1, Brian Kinlaw helped us see that "surrender" is the way we participate in the sanctification process.
 - Can we reflect on that for a moment?
 - Lead your Small Group in a time of prayer for God's strength to surrender to His power which mightily works within us. (Colossians 1:28-29)
- **Recap The Lesson**
 - Review the TAKE AWAY from the Prepare Page.
 - Encourage your group, that God, through the Lord Jesus Christ, has made their hearts' positionally GOOD! He has given to us, by His grace, the capacity for our minds to be renewed; to be fruitful; to no longer be slaves to sin, but surrendered, slaves of righteousness!

Homework & Application

- Stress the importance of "practicing" what we've learned this week.
 - Reading and meditating on Ephesians 3:17-19

Ppt. 10 Next week's lesson is "The Trauma of Abuse." Share with your Small Group that the Lesson 6 video will be watched as a group during your next gathering.