

Series: Dealing with Emotions

Lesson 1: “The Foundation for Gaining Control of our Emotions”

*Announcements, encouragement to invite people and opening prayer.



Connect: an opportunity for people to immediately interact and connect with each other; icebreaker/attention getters. **Icebreaker:** Have you ever beat yourself up continually because of some choice you made in the past? Have you ever done something and hoped God would never find out?

Transition: Our emotions can destroy all the work God longs to do in and through us. Imagine if David had decided that God had created him so messed up that he couldn't be holy if he wanted to. David could have just given up. The result would be that all those great writings of faith would not have occurred. Who knows if Solomon would have given us the Wisdom literature of Proverbs, Ecclesiastes and the Song of Solomon? We can praise God that people who made really big mistakes did not give up, but rather surrendered their failures to their Lord.

Bottom Line: Understanding that each one of us is fearfully and wonderfully made is foundational to dealing with our emotions. Know who you are. You were bought with a price, the precious blood of Jesus. God made a masterpiece in you that He does not want to give up on. Even if I mess up, God did not. It's my responsibility to understand and surrender. But how?

LESSON PLAN

Play Rich Mullins song: “Nothing is Beyond You”.

Where could I go, where could I run; Even if I found the strength to fly.
 And if I rose on the wings of the dawn; And crashed through the corner of the sky
 If I sailed past the edge of the sea; Even if I made my bed in Hell Still there You would find me

'Cause nothing is beyond You; You stand beyond the reach of our vain imaginations, our misguided piety. The heavens stretch to hold You and deep cries out to deep singing that nothing is beyond You. Nothing is beyond You

Time cannot contain You; You fill eternity. Sin can never stain You; death has lost its sting
 And I cannot explain the way You came to love me; except to say that nothing is beyond You
 Nothing is beyond You.

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If I should shrink back from the light; so I can sink into the dark. If I take cover and I close my eyes; even then You would see my heart. And You'd cut through all my pain and rage; the darkness is not dark to You and night's as bright as day

Read Psalm 139:1-6

1. Verse 1 is the theme of this entire Psalm. What does David tell us he has discovered?

Question: In what ways is that exciting? In what ways is that terrifying? The bottom line is that it is the truth. God cares enough to build this intimate community with me. God has chosen to know my deepest thoughts, feelings, dreams and fears.

2. Explain some of the mundane things God knows.
3. Why does David say this knowledge of God's intricate involvement in his life is too wonderful for him, too lofty to understand?

Question: How could this information be great counseling material for Christians?

Low self-esteem is one of the greatest tools of Satan to keep people beat down or divisive.

Read Psalm 139:7-12

4. Now we get to the part that really touched David, moved Rich Mullins and his friends to write the song we heard, and continues to reach out to us through generations and across time. Notice the capital S on Spirit. What does that mean?
5. What are the far reaches David says are still inhabited by God?

Question: Have you ever tried to hide from God? How? Were you successful?

Read Psalm 139:13-16

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6. Now David gets down to the nitty gritty. He tells us why this is true. Where does David tell us this intimacy with God began?

7. How unique was your design?

Question: Does God differentiate between the child planned by married parents in love with each other and the child who was not part of a planned pregnancy?

Even if this child was a product of man's mistake, he or she is not a mistake on God's part. God will knit the child together fearfully and wonderfully regardless of whether man and woman was living according to His will or not. That is a critical truth to understand. When two people make a sexual mistake, and a child is the result, the fact is God will not allow the child to be a mistake, but have great plans for that unique human being.

Read Psalm 139:17-18

8. How does David, a man after God's own heart, view the thoughts His Creator?

9. How does David describe the thoughts of God?

Question: How do you think we could encourage one another to better treasure and store up the priceless thoughts of God?

Read Psalm 139:19-24

10. What is David's dilemma?

Question: How do you explain this exhaustive praise of God and the glory of His creation immediately followed by this hatred for some of God's creation?

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Lesson 1: “The Foundation for Gaining Control of our Emotions”

11. What are the various parts of David’s prayer asking God to measure the purity of his heart?



Interactive Teaching Ideas: ideas for learner-focused teaching. (*Plan A: Assign each table these questions to discuss and then have them share their ideas. Plan B: Write answers on the board.*) **Look up Scriptures that you find some of the most precious thoughts of God.**

Final Question: What is the one idea that stands out to you most from this lesson?