

## **Series: Dealing with Emotions**

### **Lesson 3: “How to Develop Godly 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:** Who is the greatest action figure, was or is the great hero who can't be beat? What made them so great?

**Transition:** Nothing great ever happens unless it is couched in determination. The hero always is like a robot that cannot be stopped. The more they get hit, the more determined and forceful they become. Losing is not an option. They are emotionally focused to get-er-done!

**Bottom Line:** If you decide where you will place your hope, then your emotions will follow.

#### **LESSON PLAN**

##### **Read 1 Peter 1:13-16**

**Context:** He says the therefore word, so we have to find out what the therefore is there for to understand what Peter is about to teach us. Peter has been praising God for the new birth into a living hope through Jesus resurrection from the dead. Jesus has given us an inheritance that is eternal, beyond the grave and waiting for us in heaven. The life we are now living will be evidence. We should be excited because even the angels have longed to comprehend the grace of God in Christ extended to man through Jesus life, death and resurrection. We are blessed! Therefore...Aha! Now we get the gist of the teaching that leads us to these instructions.

1. What is the first instruction given to us?

**Questions:** If I am getting ready to run a marathon, how do I mentally prepare for it? What about it I am going into battle?

2. What is the second instruction given to us?

**Question:** If you were to score Christians as a whole on their practice of godly self-control, what grade would you give the body of Christ?



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3. What is the third instruction given to us?

**Questions:** What are some ways you set your hope FULLY on that final day of Christ’s return? How does it bless your hope, your certainty of what is to come?

4. What is the fourth instruction given to us?

5. What is the fifth instruction given to us?

**Questions:** What is it that stands in the way of our holiness? How does holiness relate to the importance of the church fully belonging to Christ? John the Baptist said, “I must become less and He must become more.” What can we do to be certain Jesus keeps becoming more in the church and we keep becoming less?

**Read 1 Peter 1:17-20**

6. How fair is our Heavenly Father?

*Every man’s work will be judge impartially. All that matters is what we have done with His Holy Word. Have we walked with our Savior as Lord? It doesn’t matter if you are rich or poor, royalty or homeless, famous or obscure, good blood or bad, all that matters is what His word has done to shape our heart and our lives.*

**Question:** How is that unlike justice as we know it in this world?

7. How did God prove His impartiality to us to create faith and hope that are real?



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8. How do we live in this world as a stranger?

**Story:** They were interviewing a lady on the radio from England. They were talking about euthanasia. She was from a very proper family and is an outspoken proponent of mercy killings. She was asked what she would do if she had a daughter that was handicapped and very ill with no chance of getting better. Her reply was, “I would do what I think any loving mother would do. I would place a pillow over her face and end her tragic suffering. If you love someone you do not allow them to suffer and live a life of suffering.” That view of the world is small but growing!

#### **Read 1 Peter 1:21-25**

9. What fruit does purifying ourselves by obeying God’s truth in Scripture produce in us?

*The part of the Spirit’s fruit we call AGAPE love allows us to do what is not humanly natural. We can love our brothers sincerely and deeply, from the heart. It is only because of the Holy Spirit living in us that we can truly understand and desire to give this depth of love.*

10. Peter quotes Isaiah 40:6-8. What is the significance of him inserting something written 750+ years before this time? What does this have to do with the church?

**Question:** What are some of the things people grab hold off as if they believe these things will last forever?

Therefore, since you know what stands forever and what does not, it’s time to deal with your emotions by making some holy decisions.



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**Read 1 Peter 2:1-3**

**Interactive Teaching Ideas:** ideas for learner-focused teaching. **Question:** What will we do with these final instructions and how will we accomplish it individually and as a church? How will living this focused life heal your emotional problems?



*(Assign each table this question to discuss and then have them share their ideas. They might want to look up other Scriptures that you find helpful in this area. Have each table appoint a spokesperson after about 10 minutes.)*

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