

## Big Idea

Pastor Curt – Part 3

**God is > our emotions.** The world-wide pandemic, Covid-19 has taken a heavy toll on our lives. Most of us sheltered in place for months, watching reports of whole areas being infected, not knowing how to stop it, and after slowing it down for a little while the infection and death rates are now climbing higher. This week, Pastor Curt took a look at the truth that God is > than our emotions as many have experienced the emotional highs and lows, not only of the pandemic, but also great tragedy and pain in a country and sometimes churches that have been divided on social, political and medical platforms. God has the cure for our negative and dangerous emotions. Paul wrote to the church in Thessalonica, **“May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul (emotions) and body be kept blameless at the coming of our Lord Jesus Christ.”** 1 Thessalonians 5:23 Our emotions go through three stages: we experience shock (loss of job for example), followed by feelings of loss and sorrow, then we struggle.

But God has a better plan! His plan is to give us a rock-solid emotional life built of Jesus. Like building a house, the foundation is most important - **our foundation of relationships and connectedness to God and God’s people is most important.** Next comes the framing or structure of the house - **our life is structured on our purpose and routines that are established to live out our purpose.** Then comes the finishes and beauty - **our life is beautified trust in God and self-control.** Pastor Curt said, “Some people are fighting so hard for your “normal” that you are missing out on what God is trying to do right now!” Could that be you? Listen to this message to hear how God is wanting to heal and bring peace to our emotions.

## Discussion Questions

- During this season, have your emotions revealed bitterness, despair, or fear in your heart and allowed it to shape your perspective? What healthy ways did you use to resolve this? What unhealthy ways did you try? How would you handle it now?
- Read Matthew 7:24-25 from the Message Bible. What areas in your life could be made better by working on our “foundation” by drawing closer to God and to others?
- Pastor Curt said, “Some people are fighting so hard for your “normal” that you are missing out on what God is trying to do right now!” Is your life built around God’s purpose for you?
- Have you discovered your purpose and the direction that God has for your life? How can knowing your purpose give perspective to your life regardless of the season?

## Prayer Focus

Jesus, show me the areas of my life that are being shaken so I can turn toward You. Help me to build my “house” on You, prioritize my relationships, and live out my purpose through this season.

## Next Steps

Identify people with whom you can share your life. If you have no one you can talk to, search out new relationships in which you can take off the mask and share what’s really going on. Small Groups are a great way to meet people with whom you can share. The fall semester will start soon, begin to check out the available groups at your campus on our website [www.victorychurch.org](http://www.victorychurch.org)

## Leader Tip

Encourage group members by sharing how you have been handling your emotions (good and bad) and how focusing on your purpose in Christ helps bring your emotions into check and gives you the ability to live out that purpose.