

We meet in Life Groups to **Connect**:

- Deeper with God and each other through prayer and relationship
- The Bible to life
- With our community through serving

FREE RESOURCES:



LECTIO 365 APP 24-7prayer.com/dailydevotional

Helps you **pray the Bible** and engage with Scripture to inspire prayer and shape your life.



YOU VERSION BIBLE APP bible.com

1,200+ Bible versions, also allows you to connect with friends to do **devotionals together**, sharing real-life insights and comments.



THE BIBLE PROJECT www.thebibleproject.com. What is in the Bible and **how to read it**. Check it out at: <https://youtu.be/vFwNZNyDu9k>.

SERMON SERIES: *Grounded*

Wisdom is the mindful application of our knowledge and experience to how we think, feel and act that results in flourishing relationships, (...with God, self and others).



Godly wisdom is the righteous application of the knowledge of God, ourselves and our experience to how we think, feel and act resulting in flourishing relationships with God, self and others.

Foolishness is the mindless ignorance of knowledge and experience to what we think, feel and act resulting in deteriorating relationships with God, self and others. "The way of a fool is right in his own eyes..." (Proverbs 12:15a, ESV)

Ephesians 3:17–19. **Being Grounded is consistently living out of the love, knowledge, presence and strength of Jesus.**

Being Grounded Is Living Wisely.

THIS WEEK: “Grounded Emotions”

Watch the weekend’s sermon: <http://www.coldspringschurch.net/sermons.html>.

PRAYER: God is worthy to be sought - take time to pray together in your group.

ICE BREAKER:

Choose one answer to share:

How do you de-stress after a hard day?

What kind of mood are you in right now - what impacted it (good or bad)?

EXPLORING TOGETHER

There is value in sharing perspectives about the weekend message in community. With dialogue around God’s truths, perspective broadens and impacts transformation.

1. What is something from this weekend’s message that stood out to you?

GOING DEEPER

Our emotions are an essential part of our createdness. We cannot live whole, God-honoring lives apart from emotional awareness and emotional engagement of ourselves and others. Emotions are data, not directives, drawing us closer to God or inserting a wedge.

During the Grounded series we’ve consistently heard about the ***Pendulum Swing***.

2. How does the Pendulum Swing apply to the problem with emotions?

3. How have you experienced Living in the Pendulum Swing?

Pastor David spoke about the contrasts from: “dead to alive” (Joel 2:12-13), “reactive to responsive” (2 Corinthians 2:4), and “fear to freedom” (1 John 4:18).

4. Which of the above contrasts speaks most to you at this point in your life?
How so?

5. How can something from this message/series help you connect with others (especially those with different values)?

WISDOM EXERCISE

Grounded Emotions are things we feel and are then able to **respond appropriately** to the WHY of WHAT we are feeling.

Test Your Emotions

- Name It
- Bring It Into The Light
- Share it
- Surrender it to Jesus
- Sit With It

*Each week's Wisdom Exercise will help to consistently live out of the love, knowledge, presence and strength of Jesus. It is important to intentionally **determine when, where and with whom to put them into practice.***

Don't Live In A Lie

We all have lies we believe about ourselves, God and others. When we ground ourselves in the truth of scripture, in right understanding of who God is and who we are, we are grounded.

SURRENDER PRAYER

Jesus, I surrender this _____ [belief/thought/feeling/action] to you right now. Come be with me and I am going to follow you.

Next week: "Grounded Actions"