

RELATIONAL REVOLUTION

Becoming Aware

Ice Breaker: If you had gotten a present for someone because they had told you they liked it only to find out later they really did not like it, how would that make you feel?

Pastor Brian states, "The truth is our lives can be a lot like an iceberg. Often only 10% of what is going on lies at the surface."

Luke 22:21,33-34, 60-62 *31 "Simon, Simon, Satan has asked to sift all of you as wheat. 32 But I have prayed for you, Simon, that your faith may not fail. And when you have turned back, strengthen your brothers." 33 But he replied, "Lord, I am ready to go with you to prison and to death." 34 Jesus answered, "I tell you, Peter, before the rooster crows today, you will deny three times that you know me.".... 60 But Peter said, "man, I do not know what you are talking about." Immediately, while he was still speaking, a rooster crowed. The Lord turned and looked at Peter. And Peter remembered the word of the Lord, how He had told him, "Before a rooster crows today, you will deny Me three times." And he went out and wept bitterly.*

1. What did Jesus understand about Peter that Peter did not understand about himself?

2. How did Jesus respond to knowing Peter would deny him? How did Jesus help Peter become aware of his true feelings of commitment?

3. Have you ever had someone say they were your friend only to have them say hurtful things about you? What did that do to the relationship?

Become Aware

When we lack awareness,

...We misunderstand ourselves.

...and that can lead to misunderstanding God as well.

A lack of emotional intelligence can also hinder our

...Awareness of the hearts and lives of others

...which impacts how we love those around us - Pastor Brian

4. Have you said hurtful things to others, not knowing why you said those things?

5. What could be a sign that our feelings and faith are not on the same page? Can this make us hypocritical? (Luke 6:42)

Luke 6:42 *Or how can you say to your brother, "Brother, let me take out the speck that is in your eye, when you yourself do not see the log that is in your own eye? You hypocrite, first take the log out of your own eye, and then you will see clearly to take out the speck that is in your brother's eye."*

Choices in Becoming Aware

6. What kind of effort will it take to become aware of myself? (James 1:5, Psalm 139:23)

James 1:5 *If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.*

Psalm 139:23 *Search me, God, and know my heart; test me and know my anxious thoughts.*

Pastor Brian pointed out that Jesus experienced his emotions and expressed them in HEALTHY ways.

Here are a few examples.

- He shed tears (Luke 19:41).
- He was filled with joy (Luke 10:21).
- He grieved (Mark 14:34).
- He was angry (Mark 3:5).
- Sadness came over him (Matt. 26:37).
- He felt compassion (Luke 7:13).
- He felt sorrow (John 11:35).
- He showed astonishment and wonder (Mark 6:6; Luke 7:9).
- He felt distress (Mark 3:5; Luke 12:50).

Jesus was anything but an emotionally frozen Messiah."

7. Why is it important to learn the source of our emotions and deal with it?
(Colossians 3:15, Romans 8:6-8)

Colossians 3:15 Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

Romans 8:6-8 The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. 7 The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so. 8 Those who are in the realm of the flesh cannot please God.

Practical Steps

A. Developing an Awareness of What I Am Feeling and Doing

8. Pastor Brian suggested that we delude or excuse ourselves from paying attention to our emotions using denial, minimizing, blaming others, blaming yourself, rationalizing, distracting and becoming. Which of these do you sometime struggle with?

B. Asking the “Why?” or “What’s Going On?” Question”

9. How can we develop an awareness of what I am feeling and doing?

10. How can we as the body of Christ support each other in our search reconcile our faith and emotions? (Proverbs 27:17, Hebrews 10:24-25)

Proverbs 27:17 As iron sharpens iron, so one person sharpens another.

Hebrews 10:24-25 And let us consider how we may spur one another on toward love and good deeds, 25 not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

11. How can we encourage each other in our Circle Groups?