



*“May the God of hope fill you with **all joy and peace** as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”*     **Romans 15:13**

To view the accompanying video, go to <https://momsinprayer.org/igniting-hope-bible-study/>

***Notes for Small Group Discussion:** Once you have watched the video, “Truth or Feelings?” take a few minutes to share your thoughts on the video. Briefly talk about the concepts and biblical examples. Share a choice you need to make that will help you in the area of your feelings. Consider practical ways to find accountability with these truths.*

1. Look at the theme verse **Romans 15:13**, “May the God of hope fill you with all **joy and peace** as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.” How does knowing the truth of God’s Word give you great peace as you hope in Him?
2. We see in the Bible that God has emotions. However, unlike humans emotions that cause us to make mistakes and to break promises, God's emotions do not cause Him to be volatile or fickle. He never changes and He never lies (Numbers 23:19). God’s emotions are always a reflection of who He is: just, true, and perfect (Deuteronomy 32:4; 2 Samuel 22:31; Revelation 16:7).

Below are a few of the emotions God demonstrates. Circle any that surprise you and look up those verses.

<b>Love</b>	1 John 4:8; John 3:16; Jeremiah 31:3
<b>Hate</b>	Proverbs 6:16; Psalm 5:5; Psalm 11:5
<b>Jealousy</b>	Exodus 20:5; Joshua 24:19
<b>Joy</b>	Zephaniah 3:17; Isaiah 62:5; Jeremiah 32:41
<b>Grief</b>	Genesis 6:6; Psalm 78:40
<b>Compassion</b>	Psalm 135:14; Judges 2:18; Deuteronomy 32:36

3. Read **Hebrews 6:18; Psalm 119:160 and Isaiah 45:19**. What do these verses reveal about truth?

Read **2 Timothy 3:16-17; Psalm 119:105 and Joshua 1:8**. What do these verses say about how to use the truth in the Bible?

4. There is nothing wrong with feelings or emotions. They are a beautiful gift from God. Do you recall how you felt when you held your baby for the first time? Now that is an incredible feeling of love!

However, we live in a fallen world. **1 Peter 5:8** tells us to “Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.” Jesus says in **John 10:10a**, “The thief does not come except to steal, and to kill, and to destroy.” Yep, that’s right, the devil is just looking for an opportunity to steal our joy and peace. He wants to twist our emotions so we take our eyes off the hope we have in God and the truth of God’s Word.

But the story doesn’t end there. Let’s look at what Jesus says in the second part of **John 10:10** “I have come that they may have life, and that they may have it more abundantly.” Jesus declares in **John 18:37**, “I was born and came into the world to testify to the truth.” And in **John 8:32**, “Then you will know the truth, and the truth will set you free.”

Rather than just reacting to your emotions as Satan tempts you to do, respond to them with the purpose of learning and growing closer to God. God often uses our emotions as a teaching tool. Look at the key words below taken from examples in the video. List some ways your emotions may become twisted from the truth and the freedom Christ offers.

### **Social Media**

### **Comparing yourself to other moms/women**

5. **God designed your emotions/feelings to be gauges, not guides.** They are better as indicators, not dictators. Emotions don't have intellect so they can't make the decision and steer you in the most appropriate direction. Emotions often want to be soothed, coddled, appeased and pacified, using only them as our barometer to gauge our decision making process rarely is in our best interest.

When we let our feelings lead the way, we can end up making unwise, ungodly, self-focused decisions. We also become prone to "picking and choosing" our truth. We should be asking ourselves, "What does God say about this?" rather than, "How do I feel about this?"

#### Personal Example

I love candy. I always have since I was a little kid. I **feel** like eating candy every day and my emotions tell me I deserve to eat it whenever I want. However, I know that candy doesn't have much (if any) nutritional value. It can also be harmful to my body over time if I eat too much of it. So I needed to ask myself, "What does God say about this?" The answer is revealed in His Word. **1 Corinthians 6:19-20** says I am to take care of my body, "*Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.*" **Proverbs 25:27a** says "*It is not good to eat too much honey.*" If I let my feelings be my guide I would eat candy all the time. But I need to let the truth of God's Word be my guide.

I realize my personal example involving candy is a little silly. However, there is nothing too big or too small to work through with God. **In Psalm 38:8 NLT**, "The LORD says, 'I will guide you along the best pathway for your life. I will advise you and watch over you.'" Write down an example of a time when you have said, "How do I feel about this?" instead of, "What does God say about this?"

6. Look at the Bible characters below. One is an example of acting on your feelings and one is an example of holding the truth above feelings. Read each of the stories and note how their feelings influenced the choices they made.

**David and Bathsheba — 2 Samuel 11:2-4**

**Joseph and Potiphar’s Wife — Genesis 39:6-10**

7. Have you heard of the term **litmus test**? A litmus test uses litmus paper to test a substance. The paper turns red if it's acidic and blue if it's alkaline, or basic. The term **litmus test** is also used to talk about a simple, decisive test of something. **As a Christian our litmus test is always the Word of God.** Look at the chart below and compare some common feelings to what God’s Word says, then add a few of your own.

Feeling	Verse	Truth
I feel unlovable	Jeremiah 31:3	God loves me with an everlasting love
I feel all alone	Hebrews 13:5	God will never leave me
I can't forgive myself	Romans 8:1	I am not condemned because I in Christ Jesus

8. Read **2 Kings 6:8-17**; the story of Elisha and his servant.

**What was the servant feeling?**

**What was the truth of the situation?**

**What did Elisha do in verse 17 that caused the truth to be revealed to the servant?**

9. What can we emulate for today from the story of Elisha? When you are feeling afraid (or whatever the emotion might be), talk to God through prayer. Ask Him to open your eyes and reveal His truth to you. **First Peter 3:12a**, “For the eyes of the Lord are on the righteous, and his ears are open to their prayer.”

**Write a prayer to God.** Praise Him that you can be hope-filled because He gives you Joy and peace. Ask for forgiveness for those times when you have let your emotions take the lead. Thank him that you can rely on the truth of His Word for every area of your life. Ask Him to ignite the hope that only He can offer over the difficult areas of your life.



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