

## **Hope Chapel Series: “Staying on the Path of Life” part 5**

**Message Summary:** If we think incorrectly about life our feelings will follow our thinking. If you think incorrectly about your spouse / your job / your possessions / your money / even yourself / your feelings follow! How am I going to be feeling? What emotions will my thinking create? By allowing God to transform your thinking, you can know and see God’s path of blessing for your life. The only way for us to not navigate by our feelings is to allow God to transform the way we think and start thinking like followers of Jesus.

# **Stop Navigating by Your Feelings**

## **1. Path of life requires us to resist using emotions as a guide**

- A. Our hearts are not trustworthy navigational tools. Proverbs 28:26**
- B. Our emotions can drag us in the wrong directions. James 1:14-15**

## **2. Path of life requires us to move beyond emotions**

- A. Our emotions can be barriers to obedience. Joshua 1:9**
- B. Blessing is the result of obedience despite our emotions. Matthew 26:37-39**

## **3. Path of life requires us to think correctly**

- A. Our thinking influences our behavior and emotions. Romans 8:6**
- B. Thinking is changed using God’s tools of transformation. 2 Corinthians 10:5**
  - a. The Word of God transforms our thinking. Psalm 119:92-93**
  - b. Prayer transforms our thinking. Philippians 4:6-7**
  - c. The Holy Spirit transforms our thinking. Romans 8:6**
  - d. Other godly people transform our thinking. Proverbs 12:5**

## **LifeGroup QUESTIONS: *LifeGroups signup have begun (LifeGroups begin Sept. 19<sup>th</sup> for Nine Weeks)***

**OPEN IT (5min)** - How do you see our current culture driven by emotions? What has been the result of this focus?

**EXPLORE IT (60min)** – Review Sunday’s sermon outline and answer the following questions:

1. Discuss how the Bible describes the human heart. What do you think about the Bible’s assessment? How has your heart dragged you away in the wrong direction at times?
2. How can our feelings become barriers to obedience to God’s word? Have you ever experienced this?
3. Discuss the example Jesus gave us where He overcame His own emotions for obeying His Father (Matthew 26)
4. How does thinking correctly result in affecting our emotions? Discuss the four tools given that can improve our thinking.

**APPLY IT (15min)** - What did God reveal to you in the sermon or among your discussion group? How will you apply this new understanding to your life?