

Open Windows III – Window of Emotion (Temptations Series – Part IV)

8/23/2009

1. While we tend to use the terms interchangeably, “feelings” and “emotions” are somewhat different. Starting from comments made early in the sermon, how would you define each to show those differences.

2. Pastor Steve commented that small things that happen to us can be more difficult to handle than big things. Does that make any sense to you?

3. Pastor Steve described two responses we tend to have at a moment when something happens to us. What were they and how are they different from each other?
 - a)

 - b)

4. So what are the options for this window that tends to let feelings and emotions fly? Pastor Steve talked about two, but there is an obvious third option too.
 - a)

 - b)

 - c)

5. Read James 3:13 and reflect on how the wise person is described.

6. Read James 3:14 – 16 and note the contrast.

7. Finally, read James 3:17 – 18 and list all the good attributes that describe a person who has the kind of wisdom that comes only from God.

8) When you compare the attributes described in verses 17 & 18 (the upper part of the window) with those described as the lower part of the window (anger, fear, stress, impatience, bitterness, hatred, sadness, depression, despair, guilt, shame, and boredom) the choice seems so obvious, yet many people make the wrong choice. Why is that?

9) So what are some better steps to take that will protect us from letting our feelings and emotions rule our lives?

a)

b)

c)