

## Sermon Series Lent 2017: *living well* – Emotions and Relationships



### Questions for Discussion

Readings: 1 John 4:7-21 and John 15:12-17

### Response

1. Any comments and reflections on the Biblical readings?
2. Any comments or reflections on the sermon material?

### Listen to the song again or study these lyrics.

*I feel it in my fingers  
I feel it in my toes  
The love that's all around me  
And so the feeling grows  
It's written on the wind  
It's everywhere I go*

1. Where do you see or experience love?
2. Imagine God singing these words to you how does that make you feel?

*You know I love you, I always will  
My mind's made up by the way that I feel  
There's no beginning, there'll be no end  
'Cause on my love you can depend*

3. How do you show love, to God, to others, to yourself?

### Emotionally Healthy Spirituality

1. Where would you place yourself on the stages of faith development per James Fowler or John Westerhoff?
2. What do you understand by emotional intelligence?
3. Have there been times when you have buried your feelings, to what end?
4. How might you abide in God more?
5. How can we become a better listening community?
6. What steps might you want to take next?