



Historically, the name Enthusiasts was attached to Christians who held their own emotional and personal experiences of God as more important than Scripture or other practices of the faith. This was unhelpful as it placed personal feelings above the truth of Scripture. Today, we recognize that our emotions play an important role in our faith, but if we rely too heavily on them, we can miss how God is working in our lives and in the world. Let's recognize that our emotions are important, but are just one part of our faith experience.

### ICEBREAKER

Describe a time you were really surprised. What was the situation and what did it feel like?

### SMALL GROUP QUESTIONS

- What role do your emotions play in your faith? How are they helpful/unhelpful to you?
- A devotional experience is one that is described as a connection with God above and through all emotion. What does it look like to connect with God amidst different emotions (or maybe not much emotion)? Share about times you've navigated through different emotions in your faith.
- Read Matthew 13:1–22. What role does the state of a person's heart, or their emotions, play in this parable? How can we make sure our hearts have the right kind of soil?
- How does the understanding of enthusiasm versus devotion affect how we view engaging with the rest of the world?

### LIVE IT OUT

Next time you're connecting with God, whether on your own or during a worship service, consider how your emotions are a part of your experience?

### CONTEMPLATIVE PRACTICE JOURNALING

Journaling is an opportunity to reflect on God's guidance and presence in your life. Spend a few minutes journaling about what's going on in your life, asking God to show you where the Holy Spirit is present in those circumstances. Close by reading Psalm 16:7–8.

### PRAYER

Dear God, Thank you for the guidance you give to us through Scripture. Help us to turn to you for direction and guidance when we need it. Remind us that you speak to us in all emotions and are working in every circumstance. Thank you for your Holy Spirit that continually leads and guides us. Amen.