

Message Study Guide

(Scriptures & quotes from this week's message are available on thorncreek.church/live)

Warming up

1. Would those closest to you call you, "moody?"

Digging Deeper & Application

Take your time reading the scripture given. If possible look up the verses in different versions and pause at each verse and discuss it.

2. Have you ever had mixed emotions? Talk about it!
3. Please read Ezra 3:8-13. What happened?
 - What were the mixed emotions in this passage? Compare this passage with the first time the temple was built in.
 - Please read 2 Chronicles 5:13-14. Do you see anything in common in the two passages?
4. Are there any songs that trigger memories for you? What's the song? What's the memory?
5. Pastor Ruben said a big question to ask yourself when you're feeling a negative emotion is, "why am I feeling this way?"
 - Is that a question you ask yourself often?
6. Do you have anyone in your life that has permission to ask you tough questions about how you feel?
 - Someone who you don't get angry with because they asked the question! What's their name?
7. Why were the men of Ezra chapter three weeping? Compare it with Ecclesiastes 7:10. Do you find yourself talking about "The good old days" often? Are you living in the past?
8. 66 years after the temple was destroyed, God used the Prophet Haggai to speak to Israel. Please read Haggai 2:1-9. What happened? What can we learn about God and ourselves in this passage?
9. Do you find yourself comparing much? What do you compare? Have you glamorized your past? In what ways?
10. Please read Philippians 3:1-14, and Isaiah 43:18-19. How do these verses relate to our feelings and the past?

Application

Below are some of the points or quotes shared in the message. Discuss how they apply to your life.

- Your ability to have emotion and feel is a gift from God.
- The sooner you learn feelings are fickle, the better off you will be.
- Don't get stuck in the past.
- You need to learn to MANAGE your emotions.
 - Most people don't know how to manage their emotions.
 - You need God to do this.
- Your feelings are often unreliable.
- It's our human nature to glamorize our past.
- Walking by faith with God is more important than your feelings.
- You don't have to feel afraid because God is with you.
- The devil can use your feelings to attack your mind.
- If you don't control your emotions, they will control you.
- God's future for you can be greater than your past.
- God wants to do a new thing.