**Life Group Study Guide: Loved what you heard on Sunday? Want to go deeper? The life group study guide will help you unpack what you heard on Sunday, while diving deeper into God's word.**

**CONNECT:**

* What stresses you out the most?
* What is the most calming, peaceful experience you have ever had?

**DIGGING DEEPER:**

*Emotions can often get the best of us. It is easy to slip in to the trap of “I am what I feel.” In his time on earth, Jesus experienced the full scope of human emotions, but never found himself controlled by those feelings. In a moment of intense stress and anxiety, even Jesus admitted that he was feeling overwhelmed, but he sets an example of how to carry ourselves in these moments. Read Matthew 26:36-46.*

* Summarize what you read. What truths do you find about God from this passage?
* What is the context of this passage? Why is Jesus so overwhelmed? Read Luke 22:44 to see just how overwhelming the situation was for Jesus.
* On Sunday, Pastor Jason gave three keys to becoming emotionally mature. What is the place that Jesus goes to? Why is it significant? What is the meaning of this place? Do you have a place you go to pray during moments of difficulty?
* The second key was choosing the best perspective. What perspective does Jesus take in this passage? How is he able to do this? What steps do you take to help you get the right perspective?
* Finally, we are called to choose the right priorities. What priorities does Jesus choose? Do you find yourself choosing the wrong priorities? Why? What steps do you need to take to make God priority number one?

* Read Philippians 4:5-7. What does this verse teach you about place, perspective, and priorities?

**DISCUSS:**

* In light of this study, do you need to make any changes to the way you live? Are there any steps that Jesus is asking you to take?
* Do any of the passages from this week’s bible reading plan connect to the study you just completed?

180-Day Guided Tour of the Bible

**Reading Plan for Week of January 28th**

**Day 76 –** Jeremiah 31: Israel’s Future

**Day 77 –** Jeremiah 38: Prophet’s Peril

**Day 78 –** Habakkuk1: Debating God

**Day 79 –** Lamentations 3: Poet in Shock

**Day 80 –** Obadiah: No Room to Gloat

*Want to keep up with all that is going on at Wave? Simply fill out your communication card and write newsletter, to get a weekly*

*email update from Wave!*

LIVING ON THE EDGE

EMOTIONS & SURRENDER

Wave Church SD | JAN. 28, 2018

IT IS IMPOSSIBLE TO BE SPIRITUALLY MATURE AND

EMOTIONALLY IMMATURE AT THE SAME TIME.

**James 1:2-4 (ESV)** *2Count it all joy, my brothers, when you meet trials of various kinds, 3for you know that the testing of your faith produces steadfastness. 4And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.*

**Luke 17:11-13 (ESV)** *11On the way to Jerusalem he was passing along between Samaria and Galilee. 12And as he entered a village, he was met by ten lepers, who stood at a distance 13and lifted up their voices, saying, “Jesus, Master, have mercy on us.”*

WHAT DO WE DO WHEN WE FEEL OVERWHELMED?

IT’S ALL ABOUT CHOICES.

1. CHOOSE THE BEST PLACE.

* IT IS IMPOSSIBLE TO LIVE YOUR LIFE RIGHT WHEN YOU ARE IN THE WRONG PLACE.

**Hebrews 10:25 (NLT)** *25And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.*

**Philippians 4:5-7 (ESV)** *5**The Lord is at hand; 6do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

**Luke 17:14 (ESV)** *14When he saw them he said to them, “Go and show yourselves to the priests.” And as they went they were cleansed.*

1. CHOOSE THE BEST PERSPECTIVE.

* WHERE WE SIT DETERMINES WHAT WE WILL SEE.

**LUKE 17:15-19 (ESV)** *15Then one of them, when he saw that he was healed, turned back, praising God with a loud voice; 16and he fell on his face at Jesus’ feet, giving him thanks. Now he was a Samaritan. 17Then Jesus answered, “Were not ten cleansed? Where are the nine? 18Was no one found to return and give praise to God except this foreigner?” 19And he said to him, “Rise and go your way; your faith has made you well.”*

1. CHOOSE THE BEST PRIORITIES.

* WE DON’T HAVE AN OPPORTUNITY PROBLEM; WE HAVE A PRIORITY PROBLEM.

**Joshua 24:15 (ESV)** *15…choose this day whom you will serve, whether the gods your fathers served in the region beyond the River, or the gods of the Amorites in whose land you dwell. But as for me and my house, we will serve the Lord.”*

WHAT OVERWHELMING CIRCUMSTANCE DO YOU   
NEED TO SURRENDER TO JESUS?