



## EHS2

# Overcoming Emotional Temptation

A Triad is made up of three people at LWF who seek to *encourage, discern, and intercede* in each other's lives.

The goal is to become friends who meet weekly to help each other be apprentices of Jesus: learning to live with Him, become like Him, and walk in His ways. This is done in the power of the Holy Spirit, who is the transformative presence of Jesus in us.

***In today's Triad meeting***, we will discern how well we tend to identify and articulate emotion, while encouraging one another to flee any temptation to emotionally "disconnect".

*Use the schedule below as a basic guideline, not a rigid framework.*

0:00 – 0:10 Catch Up and Check In – How is everyone doing?

0:10 – 0:15 Cover Basic Logistics

- Does the schedule over the next weeks work for everyone?
- Any concerns or questions for your triad leader to relay to the LWF team?

0:15 – 0:20 Open with Scripture (1 John 3:23-4:6) and then Prayer

<sup>23</sup> And this is [God’s] commandment, that we believe in the name of his Son Jesus Christ and love one another, just as he has commanded us. <sup>24</sup> Whoever keeps his commandments abides in God, and God in him. And by this we know that he abides in us, by the Spirit whom he has given us.

<sup>4</sup> Beloved, do not believe every spirit, but test the spirits to see whether they are from God, for many false prophets have gone out into the world. <sup>2</sup> By this you know the Spirit of God: every spirit that confesses that Jesus Christ has come in the flesh is from God, <sup>3</sup> and every spirit that does not confess Jesus is not from God. This is the spirit of the antichrist, which you heard was coming and now is in the world already. <sup>4</sup> Little children, you are from God and have overcome them, for he who is in you is greater than he who is in the world. <sup>5</sup> They are from the world; therefore they speak from the world, and the world listens to them. <sup>6</sup> We are from God. Whoever knows God listens to us; whoever is not from God does not listen to us. By this we know the Spirit of truth and the spirit of error.

0:20 – 0:40 **Discern:** Identifying and Articulating Our Emotional Range

The second chapter of *EHS* encourages you to “know yourself that you may know God.” Scazzero writes, when we “. . . unconsciously live someone else’s life, or at least someone else’s expectations for us, it does violence to ourselves, our relationship with God, and ultimately to others” (40). He goes on to suggest knowing oneself requires, “learning to feel, learning to distinguish feeling and thinking, and summoning the courage to follow my God-given “true self” rather than the voices and demands around me” (43).

- Is there any *place* where you find it more difficult to be true to yourself? Is there any *person* with whom you find it more difficult to be honest with what you’re thinking and/or feeling? Why is this the case?
- When is the last time you were passionately emotional? What emotion(s) were you feeling to this degree and why?
  - If you need a list of emotions to help articulate what you were *feeling* (as opposed to thinking), you can refer to the list on pp. 43-44
- Do you find it easy or difficult to identify and articulate your emotions?
- Why do so many have difficulty identifying, articulating, and/or expressing emotion in a healthy way, as developed on pp. 46-47?



0:40 – 1:00

### **Encourage:** “Testing the spirits” to Expose Temptation

Scazzero notes three temptations that we can fall into believing, leading to emotional unhealth (pp. 50-53). The beliefs we are tempted to hold are:

1. I am what I do. (We base our value/worth on our utility or achievement.)
2. I am what I have. (We base our value/worth on wealth or talent.)
3. I am what others think. (We base our value/worth on others’ estimation of us.)

The truth is we are valuable and worthy because of God’s gracious love for us, exhibited through Christ’s life, death, and resurrection. When you fail to trust in this truth, your foundational identity in Christ is weakened. On the other hand, when we are grounded in God’s love for us, we are free to be honest with how we think and how we feel, free from seeking worth outside of Christ.

- Which of the above temptations do you tend to give into most often?
- How does God’s love for you render this specific temptation powerless?
- How does God remind you of His love for you outside of explicitly Christian settings (such as worship services or Bible studies)?

Scazzero offers four practices to living into God’s calling, (pp. 62-68):

1. Pay Attention To Your Interior in Silence and Solitude
2. Find Trusted Companions
3. Move Out Of Your Comfort Zone
4. Pray for Courage

- Which of these practices comes most easily to you? Which do you feel called to build upon in the days and weeks ahead?
- What difference would it make in your life if you were able to seek approval from Christ alone and to stop looking for approval from others?
- How can your Triad encourage you as you seek to be more accurate in identifying and articulating your feelings to others, as needed?

1:05 – 1:20

### **Intercede:** Praying for One Another to Close

Based on the discussion and final questions of the previous section, pray for one another. As you pray, don’t restrict yourself to the stated prayer requests alone, but allow yourself to be guided by the Spirit (i.e., *discern!*) to pray for God to work in one another’s life. Pray God would meet opportunities for growth with Christ’s transformation by the power of the Spirit. Pray for opportunities to love others. Intercede, seeking God’s best for one another.

*Ask God to do what only He can do.*

1:20 – 1:25

### Preview Your Next Triad Meeting

Before your next Triad meeting, **read chapter three of *Emotionally Healthy Spirituality***. As you read, you may want to have your Lifeline Tool with you, as chapter three focuses on how your past informs your present emotional health.

You may also recall the stories of those in your Triad as you reflect upon the book’s content. Pray for one another as you read and consider your next Triad discussion.

