



# WHEN I'M FEELING

A NEW HOPE WINDWARD SERIES

## TIPS TO A SUCCESSFUL GROUP

- **CONFIDENTIALITY IS IMPORTANT.** Confidentiality is the key to building trust in relationships. Here are a few mottos to remember to be confidential: “What is said in small group, stays in small group.” **Nothing, nobody, never..** “Share nothing, to nobody, never” outside of the group.

## When I'm feeling FINE!

### ICEBREAKER

When you were a kid and played pretend, what did you like to pretend to be?

### INTRODUCTION

When someone asks us, “How are you?” our almost automatic response is “I’m fine.” No matter our ups and downs, our crazy schedules, or our crushing circumstances, we pretend to be doing okay. But what if we were radically honest when we get asked that question? What would it look like to be vulnerable about our feelings, our situations, and our weaknesses? This week, we will look at how we can stop pretending and what it is in our life that should make us feel fine.

## READ |

For many of us, we find it hard to express our feelings. Instead of being open and honest about what we are going through, we just simply say, “I’m fine.” But that doesn’t make the feelings go away, and it doesn’t help us in our situations. Here’s what King David had to say about that:

*When I kept silent, my bones wasted away through my groaning all day long.  
Psalm 32:3 (NIV)*

David was talking about confessing sins, but the principle is the same. When we keep our emotions bottled up, it can start to eat away at us. So why do we try to hide from our emotions?

For some, it’s a **badge of honor**. We often think of emotional people as being less stable or steady. The truth is, those in touch with their emotions are the ones who can deal with them because they don’t deny reality.

Or maybe you think you’ll **let someone down**. You’re supposed to be the rock for your kids, your spouse, your friends, even your employer. But there are times we need to admit we are going through something tough so we can process the difficulties. It helps others realize, they too can be vulnerable and don't have to be strong all of the time.

Finally, men might want to be seen as **manly** or women seen as **having it all together**. But think about this. King David was a warrior, and he wasn’t afraid to let his emotions show. God created us to have emotions. When we express what’s really going on, we are being who He made us to be. The largest category of the Psalms are called lamenting. There are times we need to lament where we process our emotions with God.

**Which of these can you relate to the most: Badge of honor, letting someone down or coming across that you have it all together? What can you do this week to be vulnerable and share your true emotions with God and/or another?**

## READ |

Saying, “I’m feeling fine” when we really aren’t can be a way to hide from our emotions. We don’t want to face the reality, so we create a false reality. But what if we leaned into the hard times and processed them?

One way to do that is to find something else to hide ourselves in. Take a look at another psalm that teaches us just that.

*Your love is a treasure, and everyone finds shelter in the shadow of Your wings.  
Psalm 36:7 (CEV)*

When we put ourselves under the shadow of His wings, we are free to express what’s really going on without fear of crumbling.

**Share a time when you found shelter in the shadow of God's wings? (Ex. maybe it happened when you were in worship and felt God's presence or the sermon brought you comfort. Maybe it happened during a small group that drew you close to God, or in a time of bible reading or prayer with a friend.)**

## READ |

Another reason that we say “I’m feeling fine” is that we are trying to prove something. Maybe we’re trying to prove that we have it all together. Or it could be that we’re trying to prove that we’re better than we really are. Sometimes we are trying to prove it to others, like a parent or partner. But many times, we are trying to prove it to ourselves.

God says we have nothing to prove. In fact, He has done it all for us.

*But God is so rich in mercy, and He loved us so much, that even though we were dead because of our sins, He gave us life when He raised Christ from the dead. (It is only by God’s grace that you have been saved!) Ephesians 2:4-5 (NLT)*

You were so valuable that God didn’t wait for you to get your act together or clean yourself up. He sent Jesus before you even knew there was a problem, and He made a way for us to be right with Him again. Jesus has given you what you’re trying to prove.

**God loves you so much and is so rich in mercy towards you! How does this make you feel? How does it feel knowing that when you approach Him, He's full of love and mercy towards you?**

## READ |

Vulnerability is a key to becoming more emotionally mature. But who can we share our true feelings with? If we were 100% honest every time someone asked us, “How are you doing?” we would probably shock a lot of people.

James outlines how we pray for each other and confess our sins to one another. When that happens, we receive forgiveness and an inner healing.

*Are any of you suffering hardships? You should pray. Are any of you happy? You should sing praises. Are any of you sick? You should call for the elders of the church to come and pray over you, anointing you with oil in the name of the Lord. Such a prayer offered in faith will heal the sick, and the Lord will make you well. And if you have committed any sins, you will be forgiven. Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.*

*James 5:13-16 (NLT)*

This is about sins we might have committed, but it’s also a guideline for how to be vulnerable about our true feelings and circumstances.

Social distancing has often and unfortunately turned into relational isolation. The best remedy for grief or isolation is authenticity. That takes being part of someone else’s life who you trust.

**Do you have people in your life who you can be vulnerable with? Who do you celebrate with? What step could you take to be more vulnerable with someone you trust?**

## **WHAT WILL YOU DO?**

This week, someone somewhere will ask you, “How are you doing?” Instead of just saying, “I’m feeling fine,” will you commit to being honest and vulnerable to those you trust?

## **ADDITIONAL ACTION STEPS:**

Spending time reading God's word helps us become better people especially with those who are closest to us. Take some time to do SOAP using the scriptures from this week's list on the next page.

## **CLOSE IN PRAYER**

Dear God, You have given us everything we need for life and holiness. You gave Your Son to die for our sins. You gave us grace before we could ever earn it. You gave us peace for the times when we are rocked by our world. Help us find those who we can be vulnerable with to continue growing in Your love. In Jesus’ name we pray, amen.



## Find Time to READ God's WORD

Reading God's Word daily re-patterns the way you think & transforms your mind. Doing your daily devotions is an excellent way to record, process, & share what God is teaching you on a personal level. We do this using S.O.A.P.

- S - Scripture**
- O - Observation**
- A - Application**
- P - Prayer**

### Here's an example:

**S:** *Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.' "*  
--Matthew 4:4 (NIV)

**O:** Jesus said that we can't live on food alone. Our life is sustained through His Word.

**A:** Just as food is important to me, God's Word is even more because it will sustain me and give me the strength to live out my life.

**P:** Jesus, thank You for reminding me that I need Your Word to give me the wisdom & strength to follow You. Help me to make time to spend with You daily. In Jesus' name I pray, amen.

## SCRIPTURES FOR S.O.A.P.

### **Day 1:**

***We are part of the same body. Stop lying and start telling each other the truth.***

**--Ephesians 4:25 (CEV)**

### **Day 2:**

***O my people, trust in Him at all times. Pour out your heart to Him, for God is our refuge.***

**--Psalm 62:8 (NLT)**

### **Day 3:**

***Others heard my groans, but no one turned to comfort me. When my enemies heard about my troubles, they were happy to see what you had done. Oh, bring the day you promised...***

**--Lamentations 1:21 (NLT)**

### **Day 4:**

***See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know Him.***

**--1 John 3:1 (NIV)**

### **Day 5:**

***If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.***

**--Ecclesiastes 4:10, 12 (NLT)**