

One Thing Part 4 | One Heart | February 25, 2018

MAIN POINT:

**True Worship Reflects the Whole Heart
A Whole Heart Reflects all Emotions**

ICEBREAKER: If your typical emotional state was characterized by a color, what color would that be? Why?

EXPLORATION:

1. Look at the Emotion Color Wheel on the back page of this study. Do you regularly feel all of these emotions? Which quadrant do you stay in the most? How do you think God feels about that emotion?

2. Read the Main Point of this study. Do you agree or disagree with that statement? Why?

3. Read Psalm 19: 7-9. What emotions are reflected in this Psalm? How does God's Word touch all of human emotions? Teach the following truths about the Psalms: *(Context Clues- Facts about the Psalms. 1. Psalms are one complete thought that does not relate to the chapter before or the chapter after 2. Psalms all have an individual purpose 3. Psalms help you feel the Truth of God's Word and touch the whole spectrum of human emotion 4. Many of the Psalms were meant to be sung)*

APPLICATION:

1. Read Psalm 33: 1-4. How does this Psalm help you express joy?

2. Read Psalm 106:1-5. How does this Psalm help you feel awe and praise for God?

3. Read Psalm 24. How does this Psalm help you feel celebration and elation?

4. Read Psalm 13:1-6. How does this Psalm help you feel sadness?

5. Read Psalm 51. How does this Psalm help you express repentance, remorse and receive forgiveness?

6. Read Psalm 137: 7-9, Psalm 55: 12-16,22-23 and Ephesians 4:26-27. How do these passages help you express anger appropriately?

7. Have a time of prayer. In this prayer time make sure to take the time to worship and praise the Lord for He is worthy!! Also pray especially for any group members who are particularly facing emotional situations right now.

