

WEEK 1 - LOOKING BENEATH THE SURFACE

SMALL GROUP DISCUSSION GUIDE

Leader Notes: (for this discussion and the rest of the series)

- Small group discussion is most effective AFTER individuals have completed, on your own, the Mental and Emotional Health Exercises.
- If small group members have not completed the On Your Own exercises, small group discussion will be walking through each question.
- It is best to give everyone a minute or two to process the question personally before discussing that question.

1) Read [re-read] the story Cain and Abel from Genesis 4.1-17.

a) What stands out to you most in this passage?

b) What challenges you most?

c) Pause for 60 seconds of reflective interaction with the Holy Spirit, asking Him what He is saying to you, personally, through this passage. After the minute is up, share your best understanding of what you heard.

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2) What was the most memorable moment for you during the sermon?

3) One negative impact denial can have on us is to cause frozen or deadened emotional capacity.

a) To what level (-1 to -5) are you willing to feel painful emotion? Share your reasons for the rating you give.

b) If possible, describe the last time you experienced that emotion.

4) How has the idea that we are only able to feel pleasurable emotions to the degree we are willing to feel painful emotions been evident in your life? Explain.

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5) If a mixed gender group, divide into men and women for these questions.

a) As best you understand, what are your primary and secondary forms of denial?

b) If possible, provide a recent example of each.

c) How have these forms of denial cause mental / emotional strain on you and/or your relationships?

6) What are your hopes for the rest of the series?
