



WEEK 1 // BE SKEPTICAL
DANNY ANDERSON

Most people allow their _____ feelings _____ to run their lives.

One day when Jacob was cooking some stew, Esau arrived home from the wilderness **exhausted** and **hungry**. Esau said to Jacob, "I'm **starved!** Give me some of that red stew!" [...] "All right," Jacob replied, "but trade me your rights as the firstborn son." "Look, I'm **dying of starvation!**" said Esau. "What good is my birthright to me now?" *Genesis 25:29-32*

Our feelings are _____ distorted _____ by sin.

When Adam **sinned**, **sin** entered the world. Adam's **sin** brought death, so death spread to everyone, for everyone **sinned**. *Romans 5:12*

"For from **within**, out of a person's **heart**, come evil thoughts, sexual immorality, theft, murder, adultery, greed, wickedness, deceit, lustful desires, envy, slander, pride, and foolishness. All these vile things come from **within**; they are what defile you." *Mark 7:21-23*

Jesus replied, "I tell you the truth, unless you are **born again**, you cannot see the Kingdom of God." *John 3:3*

You didn't come out right the first time.

Therefore, if anyone is in Christ, the **new creation** has come: The old has gone, the new is here! *2 Corinthians 5:17*

The sinful nature **wants** to do evil, which is just the opposite of what the Spirit **wants**. And the Spirit gives us **desires** that are the opposite of what the sinful nature **desires**. These two forces are **constantly fighting** each other, so you are not free to carry out your good intentions. *Galatians 5:17*

If you don't control your feelings, your feelings will control you.

Be _____ skeptical _____ of your feelings.

The one who **trusts** in his own **heart** is a fool, but the one who walks in wisdom will escape. *Proverbs 28:26*

1. Where is this feeling coming from?

2. Is this feeling a "fruit of the Spirit?"

But the Holy Spirit produces this kind of fruit in our lives: **love, joy, peace**, patience, kindness, goodness, faithfulness, gentleness, and self-control. *Galatians 5:22-23*

3. Does this feeling align with God's Word?

Control your feelings or your feelings will control you.

To further explore and apply this message with your small group, visit eclife.org/groups to access this week's group discussion questions.

EVENTS & OPPORTUNITIES

Full list of events and registration is available at eclife.org's EVENTS page

Outreach Opportunity

Would you like to show appreciation for the service of our police officers in the community? You can help provide a birthday bag for an officer this month. Emmanuel Church will provide the bags and list of items (about \$30 value) and will help deliver them each month. Pick a month you'd like to help and email Breanne Schafer, Outreach Assistant Director at bschafer@eclife.org.

The 1824

Join us for an environment created specifically for young adults: 18* to 24 years old. Each month, we gather for worship, teaching, and a chance to chat with others facing similar unique life experiences.

When: Thursday, March 19, 7:00pm

Where: Greenwood Campus Fieldhouse

*18-year-old attendees must be graduated seniors.

Baptism

Registration is open for our next Baptism services. Baptism is a public acknowledgment of our faith in Jesus Christ, as well as declaration of our intent to follow him in every area of our lives. If you have never been baptized after coming to Christ, this may be your next step!

When: April 11 & 12

Registration Deadline: April 1

Registration is required.

Mission Trip Opportunities

Emmanuel Church partners with mission organizations in Africa, Colombia, Haiti, and Nicaragua. Each area provides an opportunity to join a team to help with needed projects and share the love of Jesus through mission trips. Visit eclife.org/global-partners for more information on our upcoming 2020 mission trip opportunities.