



Part 2: *New Heart*

Secure our heart with God's love

INTRODUCTION – My Filters

Genesis 3:10; 4:4

Basic Emotion	Patterned Response	Reactive State	Colour
Fear	Anxiety	Panic (flight)	yellow
Anger	Bitterness/Frustration	Rage (fight)	red
Sadness	Depression	Paralysis (freeze)	blue
Security	Peace/Hope		purple
Caring	Love		orange
Happiness	Joy		green

DINE IN – New emotional foundation: the Love Spirit

John 14:16-18, 20-21; Romans 8:14-16; I John 4:12-13, 18; 2 Timothy 1:7

Ephesians 3:14-21

1. God as our father makes us all family.
2. Love is the only foundation for life.
3. God's love is really, really big.
4. We must move beyond head knowledge.
5. Love is the fuel that powers our lives and the church.

TAKE OUT – The Soaking Strategy – Be Family!

Family relationships – mothers, fathers, brothers, sisters

1 Thessalonians 2:7-12

Family affection – holy kiss (hugs), sharing meals, meeting regularly

Romans 16:16; Acts 2:46; Hebrews 10:24-25

Family affirmation – laying on hands, prayer, gifts of the Spirit

Acts 8:18; 1 Timothy 5:22, I Corinthians 12-14

CONCLUSION – Automatic emotions that honour God

Galatians 5:22-23

Memory Verses:

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things! (Galatians 5:22-23 NLT)

Q & Eh? Text 647.330.2789 or email ask@themeetinghouse.ca

HOME CHURCH QUESTIONS

Warming Up...

1. Review the introduction on the different patterned emotions. What colour is the filter you tend to look at the world when you are in a bad space? Red – anger? Yellow – fear? Blue – sadness/depression? What thoughts do you tend to rehearse when you are in this emotional zone? How does this filter shape how you see your world?
2. When you hear the word "family", what images come to mind? What are some of your positive experiences of family? What are some less than best experiences? How might these experiences influence your view of the church being family?

Look to the Book...

3. Read **I John 4:7-18**. John, as a close disciple of Jesus, maps out how we can experience his love in our lives. A) Based on this passage, God has shown us his love in Jesus and helps us experience his love through the Spirit. What can we see about God's love for us in the life and death of Jesus? If we can see God's love in Jesus, why would we still need the Spirit to experience his love? B) What do you think it means for love to be made complete or mature in our lives? C) Perfect love drives out fear. Now read Genesis 3:10 when Adam describes how he feels after he sinned. How does the inside out work of God loving us to the core undo the impact of the Fall? What does a fearless, fully-loved life look like? D) What impact could being loved to the core have on someone who struggles with anxiety, anger or depression?

So What?...

4. Review the family practices encouraged in the early church (laying on hands and prayer, holy hugs, meals, meeting regularly, etc.). In what ways can you as a Home Church take practical steps to better care for each other as family? How can you truly help each other soak in God's love through being family to each other? In your prayer groups you may want to take time to lay hands on and pray for anyone who wants to have a deeper experience of the Spirit.

The Meeting House | Sunday, January 16 / 23, 2011 | Tim Day

Additional resources—notes, recommended reading, online videos, podcasts and more—are available online at themeetinghouse.ca/teaching