

NOTES & QUESTIONS

FEEL THE FEELINGS

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JOHN 19:25-27

1. G _____

- A deep sense of God's _____.
- The _____ of fellow grief travelers.
- A determination to _____.

2. F _____

3. C _____

4. L _____

DISCUSSION QUESTIONS

FOR FAMILY, FRIENDS & GROUPS

ICEBREAKER: Are you more of a thinker or a feeler? Explain (or give examples). What are the dangers of ignoring our feelings? What are the dangers of putting too much emphasis on our feelings?

1. Read Luke 2:34, 35 and John 19:25. Mary grieved at the foot of the cross over the loss of her son. Have you ever grieved over the loss of a loved one or friend? Describe.

2. Besides the loss of a loved one, what other kinds of losses often cause us to grieve? Describe your experience of grieving one of these kinds of losses.

3. Why is grief sometimes spoken of as a journey? What might cause a person to get stuck along the way (multiple answers)? What might help them get unstuck? What do you learn from the following verses that would bring consolation during a time of grief? Psalm 34:18. Psalm 42:5. Revelation 21:4.

4. Read Matthew 2:13-15, Luke 4:22-30 and John 19:23, 24. Sum up Mary's legitimate reasons for fear from these passages. What are your 3 greatest fears?

5. Read Philippians 4:6, 7. What is Paul's recommendation for dealing with fear/anxiety? Why does praying with thanksgiving alleviate our fears better than praying without thanksgiving?

6. Assuming that Paul is not suggesting that we thank God for something bad in itself, what could we thank God for in bad circumstances (multiple answers)? What is the significance of the word "guard" in Philippians 4:7? (Hint: Remember who was stationed in Philippi at the time.)

7. Read Luke 1:32, 33. Why would the memory of Gabriel's announcement before Jesus' birth cause Mary confusion as she stood at the foot of the cross? Describe a time when you felt confused by what God allowed to happen in your life. What was the outcome of that situation?

8. Explain the following adage: Don't doubt in the dark what God has shown you in the light. Read Isaiah 50:10. What does Isaiah tell us to do when we're in a dark, confusing time? Practically speaking--how does one do that?

9. Memorize (yup, right now) one of the following verses: Psalm 18:28, or 23:6, or 27:13, or 32:7. Why did you choose the verse you did (i.e. how will it help you in times of confusion)?

10. Read John 19:26, 27. Why would Mary have felt alone as she stood at the foot of Jesus' cross (multiple answers)? How did Jesus address her loneliness? Describe a time when you experienced loneliness. What antidote for loneliness do you note in Jesus' instructions to both John and Mary?

APPLICATION: What are your two best takeaways from this study and how will you apply them in your life?