

A SPIRITUAL JOURNEY

October 27th, 2019
Developing a Discerning Heart

Desiring God's Will / part three of a trilogy

Pastor Marty Walker

God's dream for us is that we become _____ and _____ as we find our identity and fulfillment with Jesus as our Lord.

_____ : the way our souls light up when God's gracious presence aligns our depths.

_____ : negative preoccupation with self, energy draining anxiety, mild irritability, unease, and depression.

Discernment is learning to be _____ to the subtle movements toward and away from God.

When we turn toward God in a posture of _____, we feel instantaneous spiritual _____ and consolation.

GROWth Journaling Scriptures

for more information on journaling visit thesanctuarychurch.com/growth

Romans 12:1-2 / Matthew 6:24 / Mark 7:21

Jeremiah 17:9 / Matthew 6:21 / Matthew 5:8

Conversations in Community

Use these questions in your Community Groups, GROWith Groups, with your family or your friends to give you practical ways to walk out Pastor Marty's message.)

What have you been taught about the place of emotions in Christianity?

How important do you think knowing your emotions is in the purification of your desires?

Do emotions have an important role in spirituality? Why? Why not?

What decisions have been affected by **analysis paralysis** in your life?
the process of overanalyzing or overthinking a situation causing forward motion or decision-making to become "paralyzed" so that no solution or course of action is decided upon)

How do you experience DESOLATION? (check the boxes)

- turning inward—self focused
- downward spiral, deeper into negative feelings
- cutting off from community
- giving up on the things that used to be important
- takes over the present moment and crowds out any distant vision
- covers up landmarks [the signs of our journey with God so far]
- drains energy

How do you experience CONSOLATION? (check the boxes)

- directs our focus outside and beyond ourselves
- lifts our hearts so we can see the joys/sorrows of others
- bonds us to community
- generates new inspiration and ideas
- restores balance and refreshes our vision
- shows us where God is active in our lives and where God is leading us
- releases new energy in us