

Discussion Questions "A Broken Soul" – Pieces February 8-9, 2020

// Bible References

Deuteronomy 6:4-5; Mark 12:29-31

// Community Questions

1. What is your earliest memory?

// Core Questions

- 1. Out of the six core emotions Jim talked about (sad, angry, scared, happy, excited, tender/ loving), which one(s) do you currently feel? What is going on that causes you to feel that?
- 2. Is it typically easy or hard for you to identify how you are feeling?
- 3. Looking back through your life, what events or circumstances have contributed to your soul being in its current state?
- 4. What do you think may have been the unintentional fallout from your parents' broken souls?
- 5. What message or messages has your soul received based on the answers from 3 and 4?
- 6. How can this group help or support you in taking the next step to change that message to what God says is true about you?

// Challenge

This week lets take a look at the "feeler" scale. When our "feeler" is broken, we will either diminish it and become stoic, or we will inflate it and show addictive tendencies, such as codependency and living solely in the moment.

Stoic: emotionless, passionless, doesn't have fun, doesn't connect with others

Healthy: embraces feelings, playful, connects with others Addict: consumed by emotions, fear of being alone, codependent on substances/others

Think through this this week and try to become aware of where you fall on this scale. When you have pinpointed it, pray that God will reveal a better way to go about expressing your emotions and connecting with others. Next week, we will tackle your mind, a.k.a. your "thinker."