

Dear Church,

One of my observations has been how many have responded emotionally to the current climate, working from home, or interacting with family members on a daily basis in a way that may have not been as engaging two months ago.

The heart is the central part of an individual's desires and personality. However, our heart can also be an idol factory when our emotions are not processed or addressed properly.

I don't think we spend a lot of time processing and prayerfully considering what God has to say to us through his Word about our emotions. On one hand, many Christians can engage Scripture stoically where theology is void of affections. Then, on the other hand, there are Christians who run the risk of allowing their emotions to interpret thoughts about God.

We live in a culture that endorses that we should be led by how we feel because that's what is right and that is what matters. God's word, however, teaches that our emotions communicate something about who God is, who we are, and what or who we worship.

Engaging our emotions is important because we want to be a people who respond to them biblically and appropriately so that God would be glorified, we would be sanctified, and those around us would be better served by us in Christ.

I'm excited about this study and I hope that it produces wonderful yet challenging conversations in our missional communities and discipleship groups. I am praying for our time in this season and I pray that you are blessed by this study in the Psalms.

In Christ,

Pastor Marco.

INTRODUCTION

What Is A Missional Community?

Missional Communities are small gatherings of people that meet weekly for friendship, accountability, study and prayer, laughter, and occasionally tears.

Missional Communities (MCs) serve as the main vehicle of discipleship, care, and mission at Storehouse Community Church and we believe that the mission of MCs is to be a family of disciples on mission for the glory of God.

Each MC is unique and shaped by the people who attend and the city they meet in. And at the heart of each MC is a desire to gather as family and friends, grow in our relationship with Jesus, and go into our cities on mission.

Why Should I Join A Missional Community?

The Bible teaches us that God is relational, personal, and invested which, in turn, means that we are created for friendship and community. MCs are more than a weekly event, but a time to grow and cultivate a relationship with God and others.

Where Do Missional Communities Meet?

MCs are strategically planted throughout McAllen and its surrounding cities in an effort to engage our city and community. Whether meeting at a home, local coffee shop, or college campus, we desire to see every aspect of our cities blessed by God's people.

What Is A Discipleship Group?

A Discipleship Group (DG) is a smaller gathering of about 2-3 people that meet regularly to study God's word together, pray for one another, and confess sin to one another. The difference between a DG and an MC is the depth of intimacy and discipleship. DGs are extensions of our missional communities and a great way to engage discipleship relationships.

How Do I Get Connected?

There are two ways that you can get connected. You can visit our Connect desk on Sunday and our volunteers will help you through the process or you can visit storehousemcallen.com/communities to learn more and sign up!

UNTANGLING THE HEART | DISCIPLESHIP GUIDE

RECOMMENDED RESOURCES

1. [Untangling Emotions: God's Gift of Emotions by J. Alasdair Groves and Winston Smith](#)

"The Bible teaches us that our emotions are an indispensable part of what makes us human—and play a crucial role in our relationships with God and others. Exploring how God designed emotions for our good, this book shows us how to properly engage with our emotions—even the more difficult ones like fear, anger, shame, guilt, and sorrow—so we can better understand what they reveal about our hearts and handle them wisely in everyday moments."

2. [Dark Clouds, Deep Mercy: Discovering the Grace of Lament by Mark Vroegop](#)

"This book seeks to restore the lost art of lament in order to help readers discover the power of honest wrestling with the questions that come with grief and suffering."

3. [Reflections on the Psalms by C.S. Lewis](#)

"As Lewis divines the meaning behind these timeless poetic verses, he makes clear their significance in our daily lives, and reminds us of their power to illuminate moments of grace."

UNTANGLING THE HEART | DISCIPLESHIP GUIDE

IMPORTANT DATES | SUMMER 2020

JUNE - JULY 2020

1. Recovery Groups | Beginning, Wednesday June 10th 2020

Recovery Groups are for those who struggle with addiction and habitual sin; whether alcoholism, substance abuse, pornography, lust, anger, or control/codependency. Our goal is to help people find redemption in Christ through Recovery Groups; to identify and address the patterns of sin and behavior as well as its roots—idolatry. We work together to uproot our sin and exhort each other to holiness within a confidential community. Learn more about recovery groups by emailing nate@storehousemcallen.com or visit storehousemcallen.com/recovery.



Dear Parents,

Welcome to our "Untangling the Heart" Family Discipleship Guide. We hope that this tool is of help to you as parents, so that you may start and continue engaging in conversations with your children about the emotions they feel and the experiences they go through in these emotions.

While it is difficult to see our children go through difficult things, it is a responsibility and great privilege to guide our children to identify, process, and navigate through each of their emotions in a healthy and God-honoring manner.

[Naming the emotion](#), expressing what their body is trying to communicate, and learning to listen well are just several ways we can help our children [build trust](#) with you. Ultimately, they can learn about trusting God with their emotions. We have God's truth to learn from, not just about emotions, but the examples of disobedience and obedience with all emotions. Namely, the great example of obedience Jesus lived out as His Son and our Savior to the point of death so that we might be reconciled to the Father. Jesus is worth trusting with any and every emotion we have.

Be encouraged to take small intentional steps to engage with your child and their emotions, no matter their age. It can look like giving a thankful prayer for the smile your baby gives you, to playing a "Draw Your Feelings Game" with your toddler, to using fun object activities with your child in grade school to demonstrate what their feelings may look like. Our children see our lives and ways of handling emotions, as well as from those around them in different environments. Let's be mindful that as we [turn to God with our own emotions](#), we can be better equipped with His word to guide our children with their emotions.

This guide lays out a memory verse for your family to memorize together through the time of this series. It then takes you to review the passage with questions revolving around the week's emotion, including input from the [Good New for Little Hearts book series](#). Be sure to take the opportunities to reflect on other passages from the Bible with your children when they are willing to listen and read with you. We want to help you and your family love God and His word. Allow these interactions to lead you to praying together. The last section is titled "Our Confidence" because we, as God's children, have the confidence of Jesus to come before Him. The Holy Spirit helps us live in obedience with a transformed heart. If we belong to God, we are never without His help.

In His grace,

Laura Christina Ruiz
Storehouse Kids Intern

UNTANGLING THE HEART | FAMILY DISCIPLESHIP GUIDE

RECOMMENDED RESOURCES

[Good News For Little Hearts Bundle One](#) and [Good News For Little Hearts Bundle Two](#):

“A new series of hardback, illustrated children’s books for three-to eight-year-olds—each centered on an animal family—bring gospel help and biblical counsel to families. The animal characters, colorful illustrations, and the real-life issues each animal family face will captivate children. The first three books address anxiety, anger, and failure, bringing biblical help and hope to issues every child faces. The last page of each book contains information for parents on how God, in his Word, helps children apply biblical truth to specific issues. Together children and parents will be guided by the stories into meaningful conversations about living by faith in the details of everyday life.”

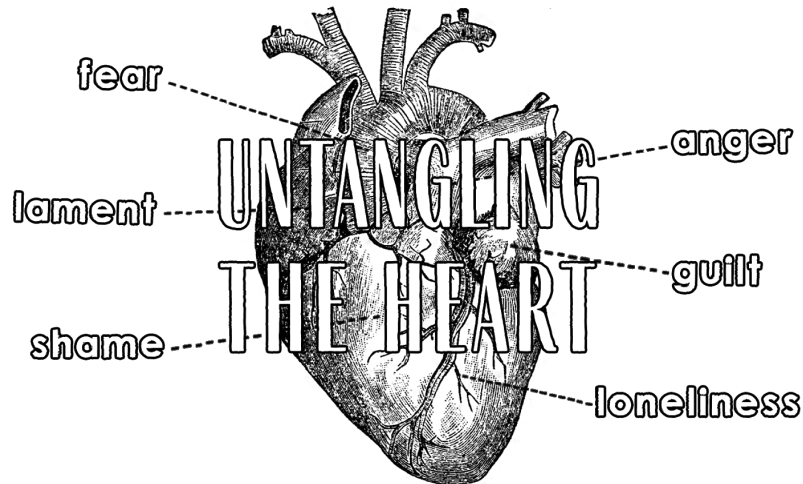
[Why Do We Say Good Night? When You Are Afraid Of The Dark](#):

“Author Champ Thornton wrote this beautifully designed and illustrated book to help parents comfort their children with three truths about God. As a mother and her little daughter talk, they remember together that God made the night, he sees in the dark, and he watches over them just like a shepherd protects his sheep. Children and parents will want to start a new nighttime tradition of reading together about why we can say that the night is good. In this important, engaging children's book, parents can bring comfort and encouragement to their children, reminding them Jesus is near.”

[Arlo and the Great Big Cover-Up](#):

“Arlo knows better than to get out of bed during rest time. And he definitely isn’t allowed to draw on the wall. But Arlo does it anyway, and then desperately attempts to cover up his disobedience before his mom finds out. When his efforts fail, Arlo discovers not only the misery that comes from hiding his sin but also the relief that comes through confessing it. With easy-to-understand language and engaging illustrations, children will learn important lessons with Arlo about repentance and the forgiveness found only in Jesus.”

UNTANGLING THE HEART | DISCIPLESHIP GUIDE



WEEK ONE | UNTANGLING THE HEART: A THEOLOGY OF EMOTIONS | PSALM 42:5-11

DISCUSSION QUESTIONS (Study together)

- :: What has your approach to emotions been? Would you consider yourself to be a highly emotional person? As stable?
- :: How does the Psalmist engage his emotions while still seeking to worship God?
- ::: Are emotions bad? What is the danger of not learning how to feel or experience emotions properly? What do you think is the danger of only responding emotionally?
- :: What can you learn from the Psalmist in Psalm 42 on how to properly engage your emotions? What does this look like for you in your walk with Christ?
- :: Read Philippians 4:8. How does this verse speak into how we should engage our emotions?

RESPONSE (pray, confess, act)

- :: Engaging our emotions begins by engaging God. This often creates a struggle with vulnerability before God and one another; that vulnerability can be rooted in fear, insecurity, or other things. How does the Psalmist provide us with confidence in the midst of wrestling with God's word to approach God?

STOREHOUSE Kids

WEEK ONE | A THEOLOGY OF EMOTIONS

MEMORY VERSE | PSALM 62:8

"Trust in Him at all times, O people; pour out your heart before him; God is a refuge for us."

THIS WEEK'S SCRIPTURE | PSALM 42:5-11

Verse 11: "Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God."

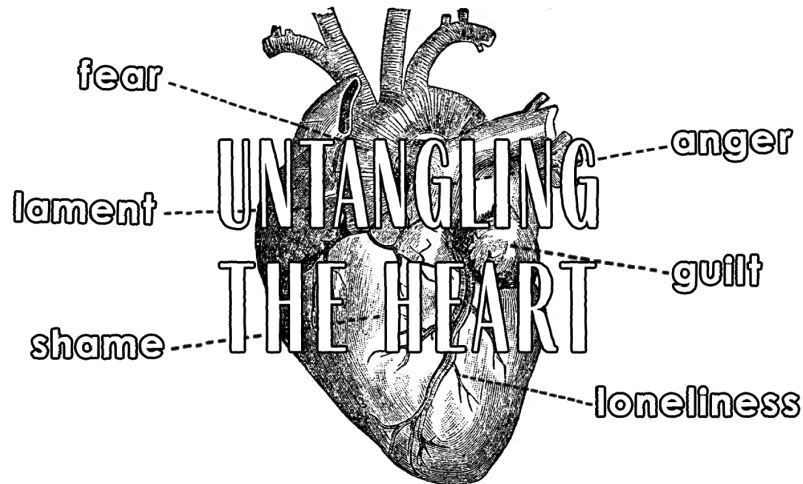
QUESTIONS AND DISCUSSION

1. When was there a time you felt sad or you felt confused about something?
2. I know when I feel a lot of sadness or hear so much bad news, it seems I can't do anything about it, or I avoid others. What do you do when you feel your emotions are all over the place?
3. How can we remember that God helps us all day and all night? (Example: The Israelites were reminded of God's help when they left Egypt with the cloud that covered the sun by day, and the fire that led them by night. God took care of his chosen people.) Draw a picture or write a verse, to show a reminder that God helps you during the day and at night.
4. What are thoughts and prayers we can say to put our hope in God?

PRAYER | OUR CONFIDENCE

"Dear God, thank you for remembering me, your child. You have not forgotten me. When I don't know what's going on or why things are happening, help me put my hope in You. I pray I can remember how much you love me and sing a song of praise to you every day. In Jesus' name, Amen."

UNTANGLING THE HEART | DISCIPLESHIP GUIDE



WEEK TWO | UNTANGLING THE HEART: FEAR | PSALM 3:1-8

DISCUSSION QUESTIONS (Study together)

- :: In the book, *Untangling Emotions*, authors J. Groves and Wintson Smith write, "Listen to your fears. They are telling you something very important about the shape of your hopes, dreams, and most fundamentally, your worship." How does fear communicate something about our worship?
- :: How can responding to fear be constructive and godly? How can fear be destructive and sinful?
- :: How does responding to fear improperly disengage our union with Christ? How does responding to fear properly help us engage Jesus?

RESPONSE (pray, confess, act)

- :: Everyone experiences fear and there is often a root issue that causes fear in us (rejection, uncertainty, lack of trust, pain and hurt, etc.). Often, fear communicates our worship of something other than Jesus. Place your fear(s) or idol(s) on the table with one another--what is it that you're most afraid of?--and speak the gospel to one another in prayer.

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Kids

WEEK TWO | FEAR

MEMORY VERSE | PSALM 62:8

"Trust in Him at all times, O people; pour out your heart before him; God is a refuge for us."

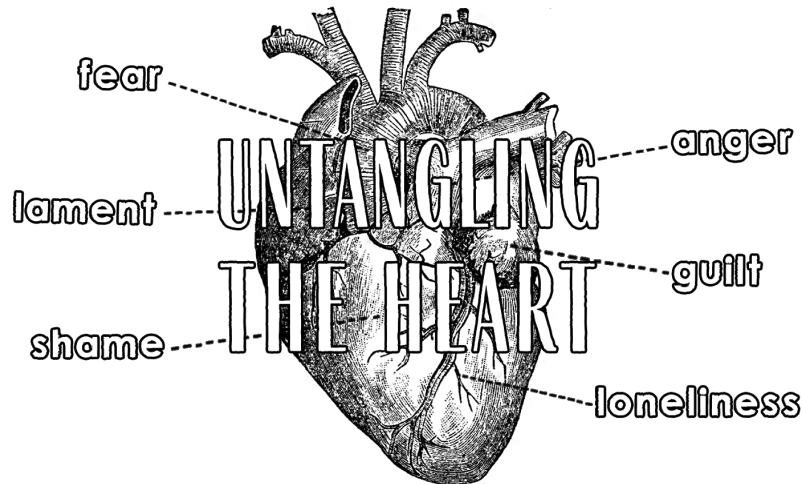
THIS WEEK'S SCRIPTURE: PSALM 3:1-8

QUESTIONS AND DISCUSSION

1. What are you afraid of?
2. What is a reason for you to praise God, even when you feel afraid?
3. What is the reason you feel afraid or anxious? Take time to share and listen to one another's reasons. We can look back to the Bible to remind each other that the Lord hears us and understands our fears.
4. Where does God tell us, in the Bible, that he listens to us when we call or cry out to Him?
5. How can you start trusting Jesus with your fears today?

PRAYER | OUR CONFIDENCE

"Even when I feel afraid, I know God will take care of me. God hears me when I call out to Him. The Holy Spirit gives me the comfort I need, and I can help others be comforted by telling them how God comforts me."



WEEK THREE | UNTANGLING THE HEART: ANGER | PSALM 4:4-5

DISCUSSION QUESTIONS

- :: How can anger be good? In other words, what is being communicated when we feel or experience anger?
- :: What is your go-to response to feeling angry? Do you avoid the situation? Plot revenge with a smile? Numb yourself?
- :: When you have experienced anger, have you brought it before God and others? What would it look like to act constructively and wisely in your anger?
- :: How can anger be connected to pride and arrogance?

RESPONSE (pray, confess, act)

- :: In many occasions, anger is often a response to fear. Last week, we placed our fears on the table in an effort to address that our fear sometimes communicates that we worship something or someone other than Jesus. What does your anger tell you about your worship? And what does accountability in this area look like?

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Kids

WEEK THREE | ANGER

MEMORY VERSE | PSALM 62:8

"Trust in Him at all times, O people; pour out your heart before him; God is a refuge for us."

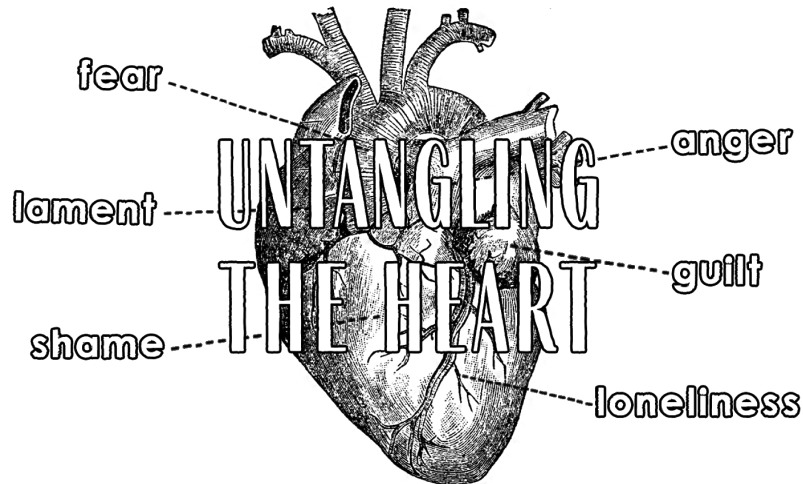
THIS WEEK'S SCRIPTURE | PSALM 109

QUESTIONS AND DISCUSSION

1. Sometimes we get angry when someone ruins our toys, or makes fun of us, or when we get in trouble for something we didn't do. When do you get angry?
2. Who else do you know that gets angry?
3. Are you and your family putting yourselves in God's place when you are angry? When are the moments you act as a judge towards people who have annoyed you?
4. We can choose how we use our anger: for our benefit, or to be like Jesus. What does it look like to be angry and lay down my anger as a child of God?

PRAYER | OUR CONFIDENCE

"When I feel mad, I will remember to come to God to call for His help. *God helps me understand sin makes him angry, but He loves us so much that His Son Jesus made it possible for me to be saved from God's judgement.* I can repent when I sin like when I do something wrong out of my anger. I can ask God to show me where I was wrong, and help me ask for God's forgiveness and forgiveness from others through Jesus."



WEEK FOUR | UNTANGLING THE HEART: LAMENT | PSALM 77:1-4

DISCUSSION QUESTIONS

:: How is lament grace for the Christian?

:: Describe a time when you found it difficult to pray because you were suffering or experiencing hardship. What were the reasons for your silence?

:: As you think back on God's faithfulness, where has he proven himself to be trustworthy?

:: How does Psalm 77 connect with what you believe about God?

:: In his book, *Dark Clouds Deep Mercy*, Mark Vroegop says that "belief in God creates challenging questions, and lament provides the opportunity to reorient your hurting heart toward what is true. But in order for that to happen, you have to turn to prayer." Do you agree or disagree? Why?

RESPONSE (pray, confess, act)

:: Lament is challenging because it is a space where we wrestle with the tension of our grief and God's word. However, lament can force us to be brutally honest before Christ. What keeps you from being fully honest before Christ right now? Listen to one another, offer gospel hope, and pray for one another.

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WEEK FOUR | LAMENT

MEMORY VERSE | PSALM 62:8

"Trust in Him at all times, O people; pour out your heart before him; God is a refuge for us."

THIS WEEK'S SCRIPTURE | PSALM 77:1-4

Verse 3: When I remember God, I moan; when I meditate, my spirit faints. Selah

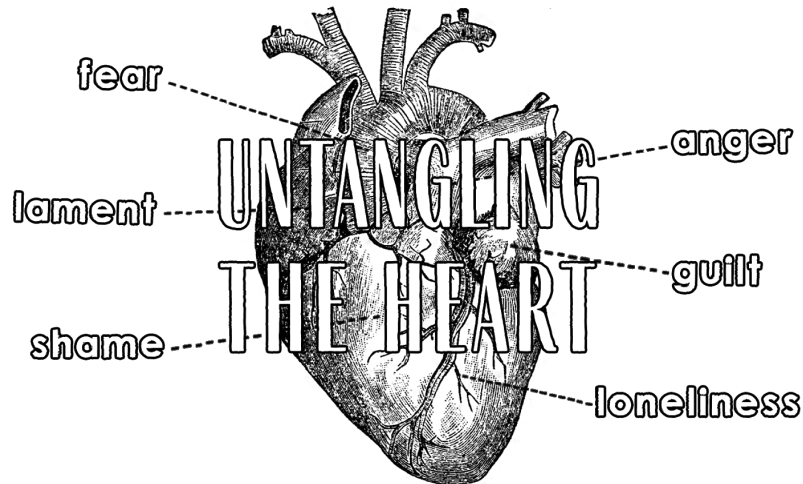
Verse 4: You hold my eyelids open; I am so troubled that I cannot speak.

QUESTIONS AND DISCUSSION

1. Does God still care for me when I am sad from losing something or someone very important to me?
2. I don't like feeling sad. Why did God have to give us this emotion? Discuss Ecclesiastes 3:1-8
3. When was Jesus ever sad?
4. Even when we don't want to talk about our sadness yet, what are promises from God that can we remember when we are sad?

PRAYER | OUR CONFIDENCE

Even when I'm sad, I know I can trust Jesus. I can tell God what about the pain I feel, what has been taken away from me, anything or anyone that I cared about that I no longer have. The Holy Spirit also brings me comfort and prays for me when I don't have the words to pray.



WEEK FIVE | UNTANGLING THE HEART: GUILT | PSALM 32:1-5

DISCUSSION QUESTIONS

- :: In their book, *Untangling Emotions*, authors Groves and Smith write, “True guilt is about an objective moral failing: we have violated God’s law. False guilt is the result of a perceived moral failing and is rooted in something other than God’s law (i.e. cultural norms, family values, or others’ expectations of us.” How can we distinguish between true guilt and false guilt?
- :: Sometimes, we respond to guilt in anger, blame shifting (see Genesis 3), or other responses. Often, when we experience guilt, we tend to move away from others. How do you personally respond to guilt? And how do you respond to guilt among others?
- :: How does God’s forgiveness and grace help us to better respond to guilt?

RESPONSE (pray, confess, act)

- :: In the garden, guilt drove Adam and Even away from God rather than toward God. The question for you and your group should evaluate with one another concerning guilt is: is your guilt moving you away from God and one another or toward one another?

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WEEK FIVE | GUILT

MEMORY VERSE | PSALM 62:8

"Trust in Him at all times, O people; pour out your heart before him; God is a refuge for us."

THIS WEEK'S SCRIPTURE | PSALM 32:1-5

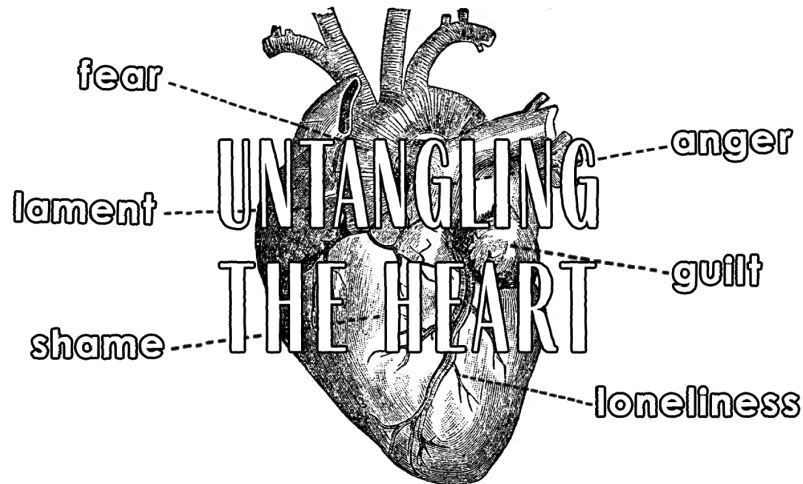
Verse 5: I acknowledged my sin to you, and I did not cover my iniquity; I said, "I will confess my transgressions to the Lord," and you forgave the iniquity of my sin. Selah

QUESTIONS AND DISCUSSION

1. Guilt is that awful feeling that hits us in the pit of the stomach when we know we have done wrong. What kinds of other things do you experience when you feel guilty?
Example: I can't sleep at night; I try to hide what I did so no one will find out.
2. What should I do when I feel guilty?
3. Why do I still have consequences even after I say 'I'm sorry'?
4. How can God help me live for what He wants more than what I want?

PRAYER | OUR CONFIDENCE

Guilt does not have to stay in my life for all the wrong things I've done. I can ask God to clean my heart by believing in His Son, Jesus Christ, who took all my sin on the cross for me. If I confess my sins, God will forgive me. Lord, help me see that You have greater things for me to enjoy and live for.



WEEK SIX | UNTANGLING THE HEART: SHAME | PSALM 69:19-21

DISCUSSION QUESTIONS

- :: How would you define shame?
- :: How does shame keep us from God, turning to Him in prayer, and going to others?
- :: Can you think of anyone who has experienced shame and have you reached out to them?

RESPONSE (pray, confess, act)

- :: Like guilt, when we hide in shame or blame shift, we move away from God and others. How does our identity in Christ help us draw closer to God? How does community help us when we experience shame?
- :: Think about one thing you feel shame over though you are not overwhelmed by that shame. If you are comfortable, share your experience with your group. In prayer, share that experience with the Lord asking for His cleansing and healing.

STOREHOUSE Kids

WEEK SIX | SHAME

MEMORY VERSE | PSALM 62:8

"Trust in Him at all times, O people; pour out your heart before him; God is a refuge for us."

THIS WEEK'S SCRIPTURE | PSALM 69:19-21

Verse 19: You know my reproach, and my shame and my dishonor; my foes are all known to you.

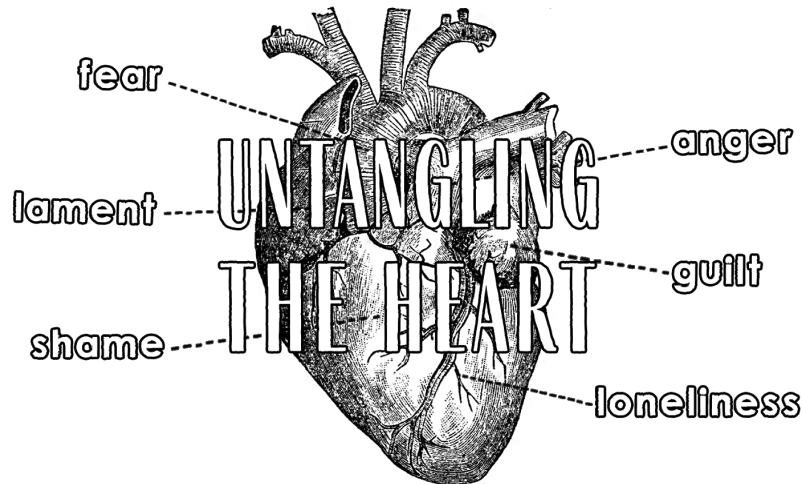
Verse 20b: I looked for pity, but there was none, and for comforters, but I found none.

QUESTIONS AND DISCUSSION

1. When have you felt shame, humiliated, or really embarrassed by something or by someone?
2. Does your language communicate shaming or compassion when a mistake is made? (Example: Do I make someone feel worse than they already feel by saying "You're not good enough," OR, Do I help someone by praying with them, asking for the Holy Spirit to help.)
3. Is God strong enough to take away my shame? *Discuss 2 Peter 1:3-4, Romans 5:5, 10:11, 7:24-25*
4. The next time you feel shame come over you, what will you do because of who God is and what Jesus has done?

PRAYER | OUR CONFIDENCE

God saved us from the grip of shame through Jesus; He was the only one who could! Thank you Lord for your hope that does not bring me to shame of my past, but to a new life with You. Holy Spirit, help me choose to speak the TRUTH about my identity in Christ when I feel shame.



WEEK SEVEN | UNTANGLING THE HEART: LONELINESS | PSALM 102:1-11

DISCUSSION QUESTIONS

- :: Loneliness communicates that something is missing. What do you think is missing? Does it draw you closer to Christ or take you away from him? Why?
- :: What is the difference between loneliness and isolation?
- :: How does loneliness communicate something about what or how we worship?

RESPONSE (pray, confess, act)

- :: Loneliness is often dismissed and like many emotions treated as something we need to get over, but it's a real experience. If comfortable, share your feelings or experience with loneliness. Assure one another of Christ's love for us, draw close to God in prayer, and remember that Jesus is our anchor of our faith even when our hearts fail. See Hebrews 4:15-16.

STOREHOUSE Kids

WEEK SEVEN | LONELINESS

MEMORY VERSE | PSALM 62:8

"Trust in Him at all times, O people; pour out your heart before him; God is a refuge for us."

THIS WEEK'S SCRIPTURE | PSALM 102:1-11

Verse 1: Hear my prayer, O Lord; let my cry come to you!

Verse 2: Do not hide your face from me in the day of my distress! Incline your ear to me; answer me speedily in the day when I call!

QUESTIONS AND DISCUSSION

1. What does loneliness mean to you?
2. Sometimes I feel lonely when it seems no one will understand what I have to say or if there's no one around me that I feel comfortable with. When do you feel the most lonely?
3. Does God even see me when I feel lonely?
4. Where can I go when I feel lonely? Discuss Psalm 32:7

PRAYER | OUR CONFIDENCE

When I feel alone, I know Jesus is with me. Thank you Lord for being the friend who sticks closer than a brother. You promise that You will always be with me. Help me to love others like you love me Jesus.