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STUDY

# INTRO

Welcome to this Bible study focused on the importance of following the truth of the Bible rather than relying solely on our feelings. In a world where emotions and subjective experiences often shape our decisions, it is crucial to anchor our lives in the unchanging truth of God's Word. Together, we will explore various passages and principles that emphasise the significance of aligning our lives with the absolute truth found in Scripture.

Why not begin with a prayer, asking God to guide our hearts and minds as we study His Word and learn to say 'I Will'

# TRUTH

**Read John 17:17 and Psalm 119:160:**

*"Sanctify them by the truth; your word is truth." (John 17:17)*

*"The sum of your word is truth, and every one of your righteous rules endures forever." (Psalm 119:160)*

## **Discussion Questions:**

1. What do these verses teach us about the nature of truth?
2. Why is it essential for our lives to be grounded in God's Word?
3. How do our feelings and emotions sometimes conflict with the truth of the Bible?
4. Can you share an example from your own life when you had to choose between following your feelings and aligning with God's Word?

# FEELINGS

## **Read Jeremiah 17:9 and Proverbs 14:12:**

*"The heart is deceitful above all things, and desperately sick; who can understand it?" (Jeremiah 17:9)*

*"There is a way that seems right to a man, but its end is the way to death." (Proverbs 14:12)*

## **Discussion Questions:**

1. How do these verses caution us against relying solely on our feelings?
2. Share examples from Scripture where individuals followed their feelings and suffered the consequences.
3. How have you seen people around you make decisions based on their emotions rather than the truth of God's Word? Think about the current culture.
4. How can we engage with our feelings as the gifts God intended them to be?

# RENEWAL

## **Read Romans 12:2 and Psalm 119:11:**

*"Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect." (Romans 12:2)*

*"I have stored up your word in my heart, that I might not sin against you." (Psalm 119:11)*

## **Discussion Questions:**

1. How does the renewal of our minds relate to following the truth of the Bible rather than our feelings?
2. Discuss practical ways to renew our minds according to God's Word.
3. Share personal experiences or testimonies of how aligning with God's Word transformed your thinking.
4. Discuss the idea that we will live a lifetime of renewing our minds in line with God's truth, and His grace gives us the time to do so.

# APPLICATION

1. Examine your feelings in light of Scripture: Whenever you encounter a situation or decision that elicits strong emotions, pause and evaluate your feelings in light of God's Word. Ask yourself, "Is this in alignment with what the Bible teaches?" Allow the truth of Scripture to guide your emotions and actions.
2. Memorise key verses: Choose specific Bible verses that emphasise the importance of truth and commit them to memory. When faced with conflicting emotions or situations that tempt you to compromise the truth, recall these verses and let them guide your thoughts and actions.
3. Engage in honest self-reflection: Regularly assess your motives and intentions behind the decisions you make. Are you primarily driven by your feelings or by a desire to follow the truth of the Bible? Be honest with yourself and, if necessary, repent and realign your heart with God's Word.

# PRAYER

**Feel free to pray your own prayers as a group or pray the prayer below together:**

Dear Heavenly Father, thank you for giving us the truth to follow and centre our lives around. Thank you also for the gift of feelings and emotions. Help us to renew our minds in line with Your truth, to be led by it and not our feelings. Help us to bring how we feel to you and not let those feelings rule us. We pray your truth would root itself in our hearts and minds as we commit to meditate on it and be transformed by it. Thank You for Your grace when we get it wrong and Your Spirit to help us get it right. Amen.