



# STEPS TO GIVING DIFFICULTY TO GOD

## 2 Corinthians 1

### SUMMARY

Our conviction in Christ's coming and the Spirit's abiding tells us that Jesus experiences all of life with us—even our difficult emotions. How can we grow in processing our emotions with God? There are nine steps that can help us take on God's presence and perspective in every situation.

1. Begin by choosing to **be present**. *Pause in the moment, take a breath, and remember who God is.*
2. Then, **see** what you think and feel.
3. The process of awareness, which begins with recognition, allows us to **say** our loud emotions out loud. *Without condemnation, name what it is you are thinking and feeling.*
4. Then, **sense** the emotions and allow your body to experience them.
5. Though you will be tempted to escape, **stay** with the emotions long enough to recognize the beliefs, values, thoughts, and motivations sitting under them.
6. Once we recognize where we are and react gently with ourselves, we can give ourselves permission to **relax**.
7. Release the tension, receive God's promises and presence, and **breathe** in the peace that is yours in the Holy Spirit.
8. After we release the burden to God, we can **reconnect** with our surroundings and situation.
9. Now that you are abiding in Christ in the difficulty, you can **reframe** the situation with God's presence and perspective.

## GROUP DISCUSSION

Start by catching up with one another. Then, discuss the message and the Scripture. Finally, seek the Spirit to start moving truth into your life.

## CONNECT

1. What has God been teaching you this week?
2. What can we celebrate and help carry from this past week? Where did you see victory? What burdens are you bringing in?

## DISCUSS

1. Out of the nine steps, which comes most naturally to you? Which of the steps do you typically find most difficult?
2. Some of the key steps (e.g., be present, sense, stay) require us to avoid going to other “escapes” besides God when our emotions start to overwhelm us.
  - *When you feel overwhelmed, where are you tempted to escape?* (e.g., entertainment, distraction, socializing)
  - What would it look like for you to stay in the emotion with Christ instead?
3. David emphasized that it is important to move through the process without condemnation. What emotion tends to make you feel most disconnected from Christ? How can you begin to utilize these nine steps to process that emotion *with him* instead of in isolation?

## SEEK

- Walk through the nine steps together, using Phil. 4:4-7 as a guide. Stay with the emotion, release it to God, and receive his peace.

## APPLY

When you feel overwhelmed this week, pull up these notes on the nine steps and bring the difficulty to Jesus.