



STWCI Women's Bible Study

"Emotional Boundaries"

Friday, October 7th, 2022

SCRIPTURE:

What are the scriptures?

APPLICATION:

What is applicable from your perspective? What appeared interesting to you about the scripture?

OBSERVATION:

What are the facts about the scripture? Who is involved?

PRAYER:

What do you need to pray about as it relates to this scripture? What is your plan to implement this into your life?

MY NOTES:

Welcome

Agenda 6:30 to 8:30pm

1. Opening Prayer
2. Refreshments
3. Emotional Boundaries Bible Study Topic
4. Closing Prayer

Goals & Key Concepts

1. To understand and appreciate your emotions and understand how emotions impact your faith.
2. To identify Bible scriptures where emotions and faith were important to God and the biblical characters.
3. To identify moral boundaries in relation to your emotional expressions.
4. To identify how your emotions impact the emotions of others and vice versa.
5. To learn how to regulate your emotions through the power of the Holy Spirit.

1.Foundation Scriptures:

1. Number 11:1- 31 (The People Complain)
2. Numbers 12:1-16 (The Dissension of Moses, Aaron, and Miriam)
3. Numbers 13:1-3,16-33, Numbers 14:1-25 (The Spies in Canaan, The Refusal to Enter Canaan, Moses Intercedes)

2. **Icebreaker: Feelings Wheel**

A. Find a partner and discuss your feelings according to the feeling wheel.

B. List or circle your feelings on the feeling wheel using the table below.

1) What are you feeling tonight?

Look at the primary “feelings” at the center of the feeling wheel? Do any of these resonate with you?	Can you be more specific about your feelings and select a word from the feeling wheel?	Do you know why you have that feeling or what happened?	Have you noticed any differences in your body as a result of your emotions and feelings?
Ex) “Fear”	“Rejected”	My fiancé broke up with me three months ago and we are not getting married	My stomach hurts
1			
2			
3			
4			
5			

2) How do you feel about discussing your feelings with the other women in the Bible study tonight? Is this activity easy or difficult for you? Why or why not?

3) How does it feel to talk about “emotions” in a church setting? Should this be a place where women can express what is happening in their soul? Why or why not? What has been your church experience with talking about how you feel as a woman?

4. SPIRIT, SOUL & BODY

The Word of God indicates that we have a spirit, we possess a soul and we live in a body.

❖ Romans 8:1

*There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the **flesh**, but according to the **Spirit**.*

❖ 3 John 1:2

*Beloved, I pray that you may prosper in all things and be in health, just as your **soul** prospers.*

❖ Colossians 1:4 AMPC

*4 For we have heard of your faith in Christ Jesus [[a]the leaning of your entire human **personality** on Him in absolute trust and confidence in His power, wisdom, and goodness] and of the love which you [have and show] for all the saints (God's consecrated ones),*

❖ Psalm 6:2-3 AMPLIFIED

*2 Have mercy on me and be gracious to me, O Lord, for I am **weak** (faint and withered away); O Lord, heal me, for **my bones** are troubled. 3 My [**inner**] **self [as well as my body]** is also exceedingly disturbed and troubled. But You, O Lord, how long [until You return and speak peace to me]?*

❖ Matthew 22:37

*And He replied to him, You shall love the Lord your God with all your **heart** and with all your **soul** and with all your **mind** (intellect).*

5. SCRIPTURE READING: NUMBERS 11:1-30

1. Read Numbers 11:1-30

2. Think about and summarize what happened in the text.

What are the feelings of the Israelites, Moses, and the Lord in this text?

List them:

- ❖ What aroused the Lord's anger initially? What was the behavior of the Israelites?

- ❖ What happened with the mixed multitude of people? What were they doing?

- ❖ What were the Israelites doing at the door of their tents?

3. What are the three behaviors that resulted in their actions as result of what they felt in this scripture?

A. C _____

B. C _____

C. C _____

- A. To “_____” means to express grief, pain, or discontent along with a formal accusation or charge.
- B. To “_____” means to ask for earnestly, to beg, to demand, to have a strong inward desire for something.
- C. To “_____” to shed tears noisily, to utter loudly, to shout.

6. SCRIPTURE READING: NUMBERS 12

The Dissension of Moses, Aaron, and Miriam

1. Read Numbers 12:1-16

2. Think about and summarize what happened in the text.

- 1) What are the feelings of Moses, Aaron, and Miriam? What are the Lord's feeling in the text?
- 2) What aroused the Lord's anger initially against Aaron and Moses?
- 3) How do you think Moses, Aaron and Miriam felt about Moses's marriage to the Ethiopian woman?
- 4) How do you think they felt when the Lord confronted them?
- 5) Imagine the feelings of Aaron and Miriam when complained about Moses's actions. Miriam had to remain outside the camp for a week. How did this impact the community?
- 6) What does this teach us about the expression of our feelings? What does this scripture teach us about punishment, correction and reconciliation, family, and community?
- 7) Discuss a time when you had a conflict with others about an incident. What were the feelings? Were there any confrontations?

1. Numbers 13:1-3,16-33, Numbers 14:1-25

2. Think about and summarize what happened in the text.

- 1) What were the feelings of those assigned to go to the land of Canaan?
- 2) What is the difference between Caleb & Joshua and the others spies? How can you tell?
- 3) What is so important about the prayer and interceding for Moses and this community?
- 4) How can you maintain a "different spirit" during disagreeable circumstances where you may have emotions, feelings, and opinions about what is happening in your life?

Reflection:

What are the key things I've learned about myself tonight?

What are my feelings as this event ends?

What are my action steps?