

2 Samuel chapter 6, verses 1 to 15

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'Engaging with emotions'

Or:

*Am I allowed to wave my hands
about at Plant meetings?*



Getting emotional in the Bible

- Ruled by head, by heart... or by God?
- Emotional engagement
 - 'What makes us feel the way we feel'
 - God's word should engage us emotionally
 - e.g. Acts 2:37; Psalm 119:105-112
- Emotional expression
 - 'What we do with the way we feel'
 - God's word can help us express emotions
 - e.g. Psalms 42; 103:1-5; 150

Getting emotional at church

- Family members can be themselves
 - Varied emotional engagement
 - Varied emotional expression
- Family members consider one another
 - Romans 12:15; 1 Thessalonians 5:11,14-15
 - Church family extends beyond meetings
- Beware emotional manipulation
 - Are we being moved by God’s word, or by something else? (Hebrews 1:1-4)

Reflection & Discussion

- What engages you emotionally...
 - ...in life generally?
 - ...at church?
- How do you express emotion...
 - ...in life generally?
 - ...at church?
- How should Plant church meetings accommodate varied emotional engagement and expression?
