

Reflection & Discussion Questions
In Captivity to Our Emotions
Ephesians 5:15-17

1. What is the definition of captivate?
 - Describe what it means to be captivated by your emotion and why this is a potential pitfall.

2. Read Psalm 13. Make a list of all the emotions you think David felt while writing this Psalm.
 - What changes in the last two verses of this Psalm?

3. What does it mean to “walk circumspectly”?
 - How does walking circumspectly contrast with being captivated by your emotions?

4. The world tells us to follow your heart. What does God say in Proverbs 28:26 and Jeremiah 17:9 about our heart?
 - The world says do what feels right. What does God say in Proverbs 14:12?

5. Read 1 Samuel 25:2-25. Was David captivated by his emotions? Think about the regret that David would have had if he had followed through with what his emotions were telling him to do.
 - Can you think of a time you reacted emotionally, and later regretted it? How did that end?
 - Give an example from your life or someone you know that was stopped by words of wisdom from doing something they would have regretted.

6. What situations cause you the most emotional stress? What can you do to gain control of your emotions when this happens?

7. Do you have a trusted friend that you can share your joys and sorrows with? If you do, how did you cultivate that relationship?

8. How does having a godly perspective change the meaning of what you are going through?

9. Think of people in your life that you have watched go through severe trials. How did they respond and what did their response tell you they believed about Jesus?

10. It has been said, "Emotions make good servants but terrible masters." Explain what this means.

11. Think back over the highs and lows of your life. What has God brought you through and what did He teach you in the process?