

HOLY ESTROGEN!

Lesson 3 – Notes

Jeremiah 17:9

Proverbs 13:3

Review:

Ephesians 2:10

Acts 1:8

Psalms 92:12 – 15

The influence that people have on your emotions!

Matthew 5:43 – 48

"You're familiar with the old written law, "Love your friend," and its unwritten companion, "Hate your enemy." I'm challenging that. I'm telling you to love your enemies. Let them bring out the best in you ... If all you do is love the lovable, do you expect a bonus? Anybody can do that. If you simply say hello to those who greet you, do you expect a medal? Any run of the mill sinner does that. In a word, what I'm saying is, Grow up! You're kingdom subjects. Now live like it. Live out your God-created identity." - The Message Bible

Other people don't create your spirit –
They reveal your spirit –

If God wants to bring out the best in you ...
He will send a difficult person your way –

Ephesians 5: 1 & 2

"But I say to you, love your enemies and pray for those who persecute you." -
Matthew 5:44

Ephesians 4: 30 – 32

"Amygdala" –
.25 of a second!

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Joseph:

Genesis 44: 33&34

Genesis 45: 1 – 3a

*"God was in Christ, reconciling the world, the whole world, to Himself." -
II Corinthians 5:19*

GOING DEEPER QUESTIONS:

DAY 1 – Read Jeremiah 17:9 and Proverbs 13:3. Why does the Bible say that your heart is “deceitful above all else”? Can you think of any times in your life when your emotions lied to you? How can you defend yourself against false emotional responses?

DAY 2 – Read Ephesians 2:10; Acts 1:8 and Psalm 92. God’s plans are for you to flourish in all of life. Are you flourishing? According to Ephesians 2:10, why were you created? How does Acts 1:8 help you to flourish?

DAY 3 – Read Matthew 5:38–48. Do you have an “enemy”? What does verse 44 say to do for the difficult people in your life? Obey God!! Do this today!! Make a list of 5 difficult people ... love each one in a practical way this week and pray for them daily.

DAY 4 – Read Ephesians 5: 1 & 2. How does this verse encourage us to ‘imitate Christ’? How do these 2 verse pertain to the difficult people in your life? Make it practical.

DAY 5 – Read Ephesians 4:29–32. According to these verses, what does it mean to “grieve the Holy Spirit”? Which verse describes you more accurately: verse 31 or verse 32? How can you apply these 2 verses to the difficult people in your life?

DAY 6 – Read Genesis Chapter 44. Why do you believe that Joseph put the silver cup in Benjamin’s sack? What did Joseph discover about his brothers?

DAY 7 – Read Genesis Chapter 45. Why did Joseph say the words in verse 24? How can you apply these words to your life?