

# Sermon Resources

**Sermon:** Core Beliefs: Who Gets To Name You

**Speaker:** Rodney Fletcher



## WHAT DO I NEED TO KNOW?

Genesis 1:26-27

### WE ARE MORE THAN SPIRITUAL BEINGS

### WE CANNOT SUPPRESS OUR EMOTIONS

### WE CANNOT BE RULED BY OUR EMOTIONS

## WHAT DO I NEED TO ASK?

- **ICEBREAKER:** When you think back to your own upbringing, how were emotions like anger or sadness typically handled?
- Can you remember a time when you suppressed an emotion? What did that cost you?
  - *Have someone read Genesis 1:26-27 for the group.*
- What stands out to you when you read that you are made in the image of God?
- How does being made in God's image affect the way we view our emotions?
- Why do you think John included that "Jesus wept" in his gospel?
- What's one emotion you find difficult to let others see? Why?
- Can you think of a time when you let an emotion rule you and later regretted it?
- Which emotion do you think has the loudest voice in your head most days?

**(SERMON IN A SENTENCE)** Your emotions are real—but only God is right about who you are.

**MEMORY VERSE:** So God created mankind in his own image, in the image of God he created them; male and female he created them.— Genesis 1:27

- What core belief is God trying to reshape in your life right now?
- What does it mean to you that "Your emotions are real—but only God is right about who you are"?
- What would it look like this week to shepherd your emotions instead of suppressing or surrendering to them?

## CLOSING PRAYER:

*Father, help us learn how to listen to our emotions, but not be ruled by them. Help us stay rooted in the identity You have given us. Amen.*