



*LIFE GROUP STUDY MATERIAL*

# *EMOTIONAL HEALTH*

**SESSION #3:  
EMOTIONS TRANSFORMED: FUTILITY TO FULFILMENT**

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# EMOTIONS TRANSFORMED: FUTILITY TO FULFILMENT

## LESSON AIM

To learn to transition from a senses-driven life to a spirit-directed life to experience emotional fulfillment and shalom.

## VIDEO LESSON

Link to video: <https://www.youtube.com/watch?v=1Bda6-qymKY>

## SCRIPTURE READING

### Ephesians 4:17-18

**17** Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. **18** They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart.

Ephesians 4:17-18

### Romans 8:6

For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.

Romans 8:6

## INTRODUCTION

### 1. Senses-Driven or Spirit-Directed

Every believer faces a choice in how they respond to life's circumstances. We can interpret life primarily through what we see, hear, and feel, or we can set our minds on the Spirit and receive the life and peace that God provides. When our emotions are driven only by our natural senses, we can become overwhelmed by fear, anxiety, stress, and uncertainty. But when we orient our lives toward the Spirit, God gives us wisdom, grace, peace, and revelation for every situation. The key to emotional health is learning to allow the Spirit of God, rather than our natural senses, to direct our thoughts, emotions, and responses.

## 2. The Conflict of Orientation: Flesh vs. Spirit

We have a choice in how we orient our lives: walking by sight (focused on the flesh) or walking by faith (focused on the spirit). To set the mind on the flesh is death but to set the mind on the spirit is life and peace. Setting the mind on the flesh means interpreting the world through the five senses, which often leads to anxiety, stress, and "fragmentation" when crises occur. This is why many people's lives are not filled with peace, but are instead "in pieces." True peace is found in "Shalom," which means nothing missing, nothing broken. To experience this, we must walk by faith and not by sight, turning our orientation toward the spirit where God provides wisdom and grace for every situation.

## 3. The Secret to Transformed Emotions

The transition from futility to fulfillment requires a shift from sensory knowledge to revelation knowledge. While sensory knowledge is limited to what the eye sees or the ear hears, revelation knowledge is something God reveals into your spirit. What no eye has seen nor ear heard... God has revealed through the spirit. Because our soul does not automatically become new at salvation, we must engage in a process of training. We don't try to be disciples, we train to be disciples. The secret to transformed emotions is to renew your mind, surrender your will, and choose your emotions.

### The Complete Connection

While our bodies and souls await full transformation, at salvation our spirit is made a "new creation," joined to the Lord to become one spirit with him. Because of this union, you are already complete in him. He has blessed you with every spiritual blessing in the heavenly places, providing the spiritual "capital" (like patience or wisdom) that you need to handle any natural circumstance.

### Conclusion

Emotional transformation is not a renovation of our old life, but a **resurrection** into the new life God has provided. True fulfillment begins when we stop walking in the "futility of our minds" and start walking in the **Shalom** of God, where nothing is missing and nothing is broken. This requires us to recognize our soul as the **gatekeeper** that must be oriented toward the Spirit rather than the senses. By choosing to **walk by faith and not by sight**, we move from sensory anxiety to revelation peace. We must anchor ourselves in the reality that we are already **new creations and complete in Christ**, possessing every spiritual blessing needed for life and godliness. As we intentionally **renew our minds, surrender our wills, and choose our emotions**, we experience the life-giving transformation that moves us from the pieces of fragmentation into the peace of wholeness.

## DISCUSSION QUESTIONS

**Instructions for group facilitators:** Every group is different. You may modify the discussion questions to suit your group and you do not need to use all the questions in the group discussion.

**Question 1:** Have you ever experienced a crisis that made you feel like you were "crumbling like a \$2 suitcase"? What was your emotional state during that time?

**Question 2:** Read Ephesians 4:17-18. How does the "futility of the mind" and being "darkened in understanding" manifest in a person's everyday emotional reactions? What are some examples of emotions or thought patterns that can develop when someone is disconnected from God's truth and perspective?

**Question 3:** According to Romans 8:6, what is the practical difference between a mind set on the "flesh" versus a mind set on the "Spirit"?

**Question 4:** How does the soul respond differently when it is led by the body's senses versus the Holy Spirit?

**Question 5:** The lesson contrasts sensory knowledge with revelation knowledge. How can receiving a "revelation" from God's Spirit change your emotional response to a difficult "fact" (like a bad diagnosis or job loss)?

**Question 6:** Rev. Paul mentions three keys to transformation: **renew your mind, surrender your will, and choose your emotions.** Which of these three do you find most challenging to apply when you are stressed?

**Question 7:** What is one area of your life this week where you need to intentionally "walk by faith and not by sight"?

## NEXT STEPS

Take time this week to assess your "orientation." When an emotional trigger occurs, pause and ask: "Am I reacting based on sensory knowledge or seeking revelation knowledge?" Commit to renewing your mind by meditating on Colossians 2:10 ("You

are complete in Him") and practice choosing your emotions by rejoicing in the Lord regardless of your circumstances.