

Champions Arise Study Guide
Series: The Four Priorities
Priority #2 – A personal, progressive commitment to yourself
Program #CA 28 (TFP2) - Our Emotional Assets

Focus passage – Philippians 4:11: *“I have learned in whatever state I am to be content.”*

1) Why do men avoid talking about how they feel?

2) What are primary reasons people complain?

3) What can complaining and grumbling all the time do to our hearts?

“See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many” Hebrew 12:15.

4) What could cause someone to be bitter toward God?

5) What can we do if we have bitterness toward God?

- a. _____
- b. _____

“Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior.” Ephesians 4:31

Commitment: I commit to guarding my heart against complaining and bitterness.

Our Emotional Assets – LEADER’S GUIDE

1. Thank everyone for coming.
2. Open in prayer
3. Read the focus passage.
4. Ask men to answer Question #1.
5. Listen to the program: “Our Emotional Assets”
6. After the program is finished, allow time for comments or questions on the program
7. Review the answers to the four remaining questions with the men in the group. Encourage everyone to participate, but never force or shame someone into participating.
 - a. Question #2 answer: They are spoiled, compare themselves to others, and ungrateful for all God has given them.
 - b. Question #3 answer: It can harden our hearts and produce bitterness.
 - c. Question #4 answer: Examples include: losing a job, a wife leaving you, someone at church proves untrustworthy, loss of a loved one.
 - d. Question #5 answer:
 - 1) Admit we are angry or have bitterness toward God.
 - 2) Confess our anger or bitterness toward God to God in prayer.
8. Ask the men what was most important to them from this teaching.
9. Ask the men to commit to complaining less and praising God more. Also ask the men to confess and release unforgiveness and bitterness in their lives.
10. Confirm the time for the next meeting
11. Take prayer requests.
12. Close in prayer

Sample prayer: Almighty God, forgive us for any ungratefulness in our minds. Thank you that we can come to You with our bitterness. In Jesus name, Amen.