

August 22nd-28th

Confronting Confusion: Wisdom in the Age of Outrage

In this lesson you will learn three ways to confront confusion in life.

Intro: At certain times in life, we can feel like life is out of our control. As long as we can follow the instructions of the Holy Spirit, we won't just survive, but we will; grow, learn, and enjoy these life experiences. We are all navigating through these uncertain times. No one has ever been through a pandemic like this before. We can all appreciate the fact that we all need God's wisdom, his guidance, and his help to make it through. Confusion is an attack of the enemy against us to; distract, distort, deplete, discourage, and detour our life away from God's purpose for us.

I. Confront Your Thoughts

- A. Take full possession of your mind again. It's time to evict every thought that's taking up space in your head that's not from God. You are the director of the movie that playing in your mind. You have the power to stop some scenes, cut them out, and steer the dialogue in a way that lines up with the Word of God. We are told through the Word of God to be alert and sober minded (1 Pet 5:8). Don't let your thoughts run away with you.

II. Confront Your Emotions

- A. Your feeling and your emotions are not good guides to live life by. If you let these two indicators drive you, they will not lead you in the right way. The Bible says that the heart is deceitful above all else (Jer 17:9). If your emotions get out of line, you can take control and bring them back into conformity with God's Word. Every problem and obstacle we face in life is subject to the name of Jesus. We always have a choice to rejoice.

III. Stop & Ask for Help from the Right People

- A. Many times, we have a hard time asking for help because of pride. God speaks through the counsel of others, those who are listening and obeying him regularly. Consider the sources of your advice. Are your sources people of integrity and living a life worthy of imitating? Your direction, not your intention determines your destination. It is wise to take direction from people who have been where you're trying to go (Prov 12:15).

Discussion Questions

1. What thoughts are you dwelling on that should be cast down?
2. Can you identify any emotions that you need to fight against?
3. Who are the people in your inner circle that are giving you advice?