

I'M GOING IN

SPRING CLEANING: A FOUR-PART SERIES



STUDY GUIDE

PART TWO: REPAIRS & REPLACEMENTS



TRIBAL MOMENT (5 Minutes)

Open up by welcoming the group and asking each person to take a turn responding to the following prompt:

PROMPT: Have you ever had an instance where you no longer fit into a space that you used to fit in?

DISCUSS & REFLECT (10 Minutes)

Have someone take 2-3 minutes to summarize the message and discuss it. Ask each person to take a turn responding to the following prompt:

PROMPT: Is there something that always gets a level 10 reaction out of you?

Have you reflected and identified what pain or emotion is tied to the reaction?

Why is it important to identify the pain and emotion that drives it?

****Leader Note: Be sensitive to the Holy Spirit with regard to time. If someone opens up, don't feel pressured to rush them. It's sometimes difficult for people to open up, let's celebrate and encourage them when they do.****

DEEP DIVE (10 Minutes)

Play the brief clip from the message [found here](#). Now ask everyone to follow along in their Bible or Bible app.

READ: Psalm 42:5 and Ephesians 4:25-29

What level of labor does your "fix" require?

1. Research: Find out what is broken and needs to be repaired or replaced.
2. Reflect: Let it hurt and discover the origin of the hurt.
3. Repent: Stop doing inappropriate acts of comfort.
4. Repair: New behavior and responses.

APPLY IT (5 Minutes)

Close by sharing one takeaway from this message that you plan to apply to your life this week. Ask each person to take a turn responding to the following prompt:

This week I will take steps to create a new narrative for my emotional brokenness, by: