



## Feel Again

*How to Confront Your Connection Killers*

Our mental and emotional health is critical to human wholeness. When the weight of the world becomes too much for us, and the ramifications of our hurtful histories begin to manifest themselves in our minds and bodies, we must respond to trauma with truth. This second episode of the Live Again series deals with our mental health, but more specifically, teaches us how to feel again. As

we journey through the stories of two different men in the Bible, we identify three ways the feeling parts of our hearts have died to disappointment. Join us in confronting the 3 Connection Killers that have crippled our capacity to feel.

### Introduction

1. According to the World Health Organization, \_\_\_\_\_ people die by suicide annually.
2. National \_\_\_\_\_ Prevention Hotline: 1-800-273-8255
3. 1 King 19:4 Elijah came to a broom bush, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "\_\_\_\_\_"; I am no better than my ancestors."
4. What are the 3 Connections Killers?
  - a. \_\_\_\_\_

### Anxiety

5. 1 Kings 19:2-3 So Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them." 3 Elijah was \_\_\_\_\_ and ran for his life.
6. ANXIETY is rooted in \_\_\_\_\_ & FEAR is defeated by \_\_\_\_\_.
7. Truth: For God has not given us a spirit of fear, but of \_\_\_\_\_, \_\_\_\_\_, and a \_\_\_\_\_ . 2 Timothy 1:7
8. Anxiety can lead to cycles of illogical thinking. What is the order of this cycle?
  - a. Lack of \_\_\_\_\_ →
  - b. → Illogical thinking →
  - c. → \_\_\_\_\_ - \_\_\_\_\_ thoughts →
  - d. → \_\_\_\_\_ that \_\_\_\_\_ anxiety
9. How does Romans 12:2 claim we are transformed?
  - a. By the \_\_\_\_\_ of our \_\_\_\_\_.

### Depression

10. 1 Kings 19:3-4 3 Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, 4 while he himself went a day's journey into the wilderness.
  - a. According to the scripture above, Elijah made 2 mistakes:
    - i. Mistake 1: he left his \_\_\_\_\_ (ISOLATION)

- ii. Mistake 2: he went into the \_\_\_\_\_ (SOLITUDE)
11. DEPRESSION is rooted in \_\_\_\_\_ & ISOLATION is defeated by \_\_\_\_\_
12. Which of the following is true?
- Depression rates have \_\_\_\_\_ since COVID-19.
    - Decreased
    - Doubled
    - Tripled
13. Healthyplace.com said, "Having anxiety and depression is like being scared and tired at the same time. It's the fear of \_\_\_\_\_, but no urge to be \_\_\_\_\_. It's wanting \_\_\_\_\_, but hating \_\_\_\_\_. It's wanting to be \_\_\_\_\_, but not wanting to be \_\_\_\_\_. It's feeling everything at once then feeling paralyzingly \_\_\_\_\_."

## Numbness

14. What kind of infection is leprosy?
- Bacterial
  - Viral
  - Fungal
15. In Mark 1:35-45, while Jesus was journeying through Galilee, he was approached by which of the following:
- Beggar
  - Leper
  - Blind man
16. The levitical law required lepers to be inspected by a \_\_\_\_\_.
17. Leviticus 13:45 says that an infected person had to do 4 things:
- Wear \_\_\_\_\_
  - Keep \_\_\_\_\_ hair
  - \_\_\_\_\_ the lower part of their face
  - Cry out \_\_\_\_\_
18. Which sense primarily does leprosy affect first? \_\_\_\_\_
19. Mark 1:41 Jesus was indignant. He reached out his hand and \_\_\_\_\_ the man. "I am willing," he said. "Be clean!"
20. When Jesus touched the leper he felt FOR the man, but he also FELT for the man. This brings to life to the truth about Jesus that we find in Hebrews 4:14 which says, For we do not have a high priest who is unable to \_\_\_\_\_ with our \_\_\_\_\_.

## Reflections

- Like the leper, what risk do you need to take to be healed emotionally/mentally?
- How can you help support the journey of someone who needs to feel again?
- Think of 1 truth you can use to fight fear.

### Answer Key:

(1) 703,000 (2) Suicide (3) take my life (4) anxiety, depression, numbness (5) afraid (6) fear, truth (7) power, love, sound, mind (8) control, self, defeating, behaviors, perpetuate (9) renewing, mind (10) servant, there, wilderness (11) isolation, community (12) tripled (13) failure, productive, friends, socializing, alone, lonely, numb (14) bacterial (15) leper (16) priest (17) torn clothes, unkempt, cover, unclean (18) feel (19) touched (20) empathize, weaknesses