

# In My Feelings

## The Ick

**Know-** Disgust can be a powerful indicator of moral and spiritual boundaries. In the Bible, it often highlights the need for purity and the rejection of sin. It can also create boundaries where there shouldn't be any and keep us from reaching the people God wants us to reach.

**Do-** Reflect on areas in your life where you might be tolerating what is spiritually unhealthy and reflect on who you're avoiding that you should be reaching out to.

**Vibe-** Evangelistic. Go reach the people that give you the ick

## SERMON SUMMARY

Feelings of loathing, disgust and aversion can lead to judgment and exclusion, as seen in the attitudes of the Pharisees towards sinners. Jesus invites us into the tension of being holy and loving people.

## KEY VERSES

Matthew 9:11 - When the Pharisees saw this, they asked his disciples, "Why does your teacher eat with tax collectors and sinners?"

## SERMON NOTES LINK

[Creeksidechurch.ca /sermon-notes](http://Creeksidechurch.ca/sermon-notes)

## DISCUSSION GUIDE

1. **Read Luke 18:9-14.** Notice Jesus is speaking to a group that is "confident of their own righteousness" and "looked down on everybody else". This attitude was a big problem in Jesus' day. In what ways do you see this in our day?
2. **Read Luke 18:14** again. Jesus advocates humility over self-exaltation. Do you think that generally people in the church today are humble? Why or why not?
3. **Read Luke 5:30.** Why do you think we sometimes act like Pharisees? How can we change our attitudes to be more like Jesus?
4. **Matthew 9:10-11.** Jesus didn't let cultural norms or religious superiority dictate his relationships with people. He loved people simply as they were. What can we learn from Jesus' willingness to associate with those considered outcasts? How can we apply this in our own lives?
5. **Psalm 119:158.** The bible is full of calling out sin and we even see Jesus, full of righteous anger, flip over tables in the temple. How do we balance righteous indignation with compassion? How can we address sin without falling into the trap of loathing others?
6. **Read Matthew 23:27.** How can we avoid the hypocrisy of looking good on the outside while harboring negative attitudes on the inside? What changes do we need to make in our hearts?

## PRAYER OF GRATITUDE

Spend a few minutes in silence, reflecting on any feelings of disgust or loathing you may have towards others. Ask God to reveal any hidden prejudices or judgments in your heart.

End with a prayer asking God to transform your heart to be more like Jesus, filled with compassion and love for all people.