

# I Feel...Unseen

## Week 1 – September 12, 2021

### Scripture: 1 Samuel 16:1-13 and Psalm 139:1-15

*Grab your Bible and a few people to connect with. Look up the verses below and share your thoughts. It's that easy!*

**Share:** Many times, we prefer to be guarded and protect our feelings, especially when we feel invisible, unseen, hurt, or alone. Can you think of a time vulnerability left you feeling exposed and defenseless? Share your experience with the group.

**Read 1 Samuel 16:1-13 and Psalm 139:1-15 together:** Take turns reading if you prefer. Enjoy the different Bible translations we each read.

#### **Discuss the following context:**

**I FEEL...**Joy. Sadness. Anger. Anxiety. Compassion. Loneliness. Unseen. Confused. Hopeful. God gave each of us the capacity to feel deeply. Our emotions are a gift. None of us would want to go through life without happiness or even sadness. But at times our emotions can leave us feeling lost and even unsure as to how to navigate them. If we allow our emotions to control our lives, they can be cruel dictators. Legitimate sadness can give way to the quicksand of depression. Proper concern quickly becomes unmanageable anxiety. Righteous anger can turn into bitterness or tantrums. But on the other hand, if we ignore our emotions, it can be detrimental to our lives as well.

In this series we'll look at David's life and how it's not only healthy to acknowledge our emotions, but through Christ, we can learn how to lead our emotions in a gospel focused way. When we can better process them, we can start to understand how God uses them for His good.

#### **Share your thoughts about following questions:**

1. David experienced being left out. When Samuel went to anoint one of Jesse's sons as the next king, David wasn't even included in the line-up with his brothers as a potential candidate. But David wasn't forgotten, he was God's chosen one. (1 Samuel 16:1-13)
  - a. When God sees us, especially in our pain of rejection and being overlooked, what confidence does that give us?
  - b. If God sees our loneliness, pain and hears our cries, why doesn't the loneliness and pain always go away?
2. David expressed his questions, heartache, and struggles in the psalms he wrote. Psalms 139:1-15 encapsulates his understanding that God knows and sees us. Reflect on verses 1-15. What do you observe about the following?
  - a. God knows us (verses 1-5)
  - b. God pursues us (verses 6-12)
  - c. God made us (verses 13-15)
3. Knowing that we are seen by God doesn't always mean we will "feel" that way. At times our pain from being unseen is overwhelming. How do we navigate these emotions?
  - a. Don't ignore your feelings – who do you trust to talk about your feelings?
  - b. Engage in God's truth – how can you intentionally and regularly engage in Scripture?
  - c. Build connection – who are the people you draw close to, and not pull away from in times of pain? Who is your community?

**Pray together:** Ask each other to share what is on your heart today. Just like David, ask God to help you be vulnerable and honest with Him about what you are feeling. Ask God to help you never feel alone, unseen, or invisible. Pray that we all find community and lean into God's truth. Praise God that He will never pass us by, write us off, or walk away.