



Study Guide—Episode 5, Noah, Feeling Emotions & Finding Grace

Genesis 6-11; Moses 8

“Come Follow Me” Old Testament Manual

0:00-10:40	“Don’t Lose Access to the Lord”
10:41-18:16	“Follow the Prophets”
18:17-29:22	“The Emotions of Christ” & “Anger is a Secondary Emotion”
29:23-31:58	“Finding Grace in the Eyes of the Lord During Our Times of Flood”
31:59-39:38	“Perfectionism vs. The TRUE Definition of ‘Perfect’”
39:39-end	“The Tower of Babel—Obey”

Study Questions/Exercises

1. In what ways might you be turning away from the Lord in your life and thus “losing access” to His Spirit & ultimately to Him? How might you better “remember” God, turn to Him, follow Him?
2. Are you choosing to follow the Prophet? If so, what helps you do this? If not, what stands in your way? If you were in Noah’s day, would you have listened to Him, as the prophet? Why or why not?
3. How do you cope with powerful emotions? Do you do as Christ did and let yourself feel them? Do you ask Him for help & guidance? Which emotions do you most struggle with? What might you do to work on one of these this week?
4. Are you seeking the “find grace in the eyes of the Lord,” daily? If so, in what ways? If not, what is blocking you?
5. What are your “floods” right now? In your past? How has the Lord shown you grace during your times of “flood?”
6. Are you letting the Lord “shut you safely in” your “ark” when the floods of life come? How might you more fully let Him do this for you?

7. How might you become more “integrated, whole, complete,” more “perfect” in and “perfected by” Christ? What is one thing you could do this week to lead you in this way?
8. Are you in a time of life where you feel like you’re having to “start over?” How might you change your perspective to seeing it as “beginning again,” instead? How might you let your “floods” cleanse and purify you even as they bring hardship?
9. Is there anything you’ve been “unwilling to obey” lately? If so, what is it? What might you do to be more obedient to God’s will?
10. What are your “plans,” and what is the Holy Spirit prompting you to do? Do they ever feel at odds? How might you bring these more in line?

Resources

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