

Against the Tide

Study Questions

Chapter One

- 1) How do we get beyond our emotions when we are so hurt we are feeling it in the “pit of our stomach”?

- 2) Isn't making a non-feeling choice to follow what God would have us to do, simply faking it? Do faith choices really count?

- 3) Why are our thoughts and emotions so important? Why are they often called the “movers of our soul”?

- 4) Do your own thoughts and emotions carry that much weight? How do you personally control them? How do you manage to get beyond them?

- 5) Bottom line: How are we able to go against the tide of our own thinking and feeling, in order to choose God's will?

- 6) What makes Anna's story (on page 9-12) so miraculous?

- 7) As Christians, don't we just automatically have God's Love since Christ lives in us?

- 8) How can we allow God's Love to come forth in all situations?

9) What does the word “to deny” really mean?

10) Do non-believers possess the authority to go against how they feel or what they think in order to make a faith choice?

11) Most Christians would agree (at least intellectually) that we have not been called to simply “gain knowledge” about Christ, but to gain more of His Life to give to others. Why, then, are we not seeing this happening in the Christian body? In your opinion, what is the ingredient that is missing?

12) What does the First Commandment really mean: “You shall love the Lord your God with all your *heart, mind and soul*?”

13) Does this exchange of life happen automatically?

14) Are you willing to go against the tide of your own emotions and choose by faith to follow Christ? Are you willing to tear up that long list of justified hurts and choose instead to do what God wants? Are you willing to unconditionally forgive that person who has betrayed you and choose to give yourself over to the Lord? You have the authority to do these things. But, it all depends upon your own choice.

8) Why is loving God with all our willpower the “key” to walking by the Spirit?

9) Our willpower is where the battle between the spirit and the flesh is fought. Why? Give an example.

10) Are you willing to set aside what you think, what you want and what you feel, and choose to do what God wants? Share your answer.

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Chapter Three

1) What are the two parts that make up our supernatural will power? Why is the second part of our willpower the most critical?

2) God also has two kinds of will. What are they and, in your own words, tell how they affect us?

3) As Christians, we also have two kinds of will. What are they and give an example of each in your own life.

4) Why are emotional choices often stronger than faith choices? What happens, however, if we follow them?

5) Explain how our will power is the passageway, doorway or gateway for God's Life to flow out into our own lives. What closes that doorway and what keeps it open?

6) What does Scripture say is the only way to experiencing real Life (John 12:24). Give a personal example.

7) What is the definition of a mature Christian? Tell what maturity in Christ is not!

8) How can you tell one is a mature Christian?

9) What does the term “spirit control” really mean? Have you experienced this personally? Share.

10) God tells us we must be “be prepared” or “be equipped” for His soon return. What exactly does this mean?

11) How much do you trust God to do these things in your life? Enough to lay everything down? Share your thoughts.

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Chapter Four

1) Why, again, is our thinking so very important? Why does God put so much emphasis on it throughout the Bible? (2 Corinthians 10:5)

2) Describe, as best you can, or draw a simple chart to define what our minds are. Contrast a believer's mind with a non-believers.

3) What, then, does single-mindedness mean? Draw a diagram of a single-minded person. Are you single-minded?

4) Contrast what a double-minded person does. Draw a diagram of a double-minded person. Are you double-minded?

5) Double-mindedness is the enemies game plan. Why?

6) What does the Scripture 2 Corinthians 11:3 really mean? Have you ever been deceived like this?

7) Luke 11:33-36 perfectly describes single-mindedness and double-mindedness. Explain.

8) What does “Spirit-filled” really mean. Does this only happen once? Have you been Spirit-filled?

9) What is the “key” to being able to do the above, stay Spirit-filled? (Ephesians 5:17-18)

10) In your opinion, are only some Christians capable of laying their lives down before the Lord or are *all* Christians capable of this? Explain.

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Chapter Five

1) We have been so programmed to feel everything we choose. When we don't feel our choices, we don't think they are real. Do you experience this? What did you do? Share an example.

2) Is "faith" a feeling?

3) Define the "flesh."

4) How often must we choose to follow the Spirit? Can we just choose once a day—perhaps first thing in the morning—and sail through the day?

5) One of the most exciting things about the Christian walk is that when we make faith choices, God will align our feelings with what we have chosen. Explain how this works. Give an example.

6) What happens when our feelings don't align with what we have chosen? What does this mean? Have you ever experienced this?

7) When is the most vulnerable time for us in the process of giving our thoughts and feelings to God? Do you have a personal example of this?

8) What is the most important step in this whole process– the first basic step?

9) Why is it so important to know that He loves us?

10) What is the cycle of defeat “chain reaction” that can occur in so many of our lives when we doubt God’s Love? Has this ever happened to you?

11) What does God’s “severe mercy” really mean? (Rom.11:22) Have you ever experienced this?

12) Do you have an “intimate relationship” with the Lord. What exactly does this mean?

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Chapter Seven

1) What do we do with the “justified” negative thoughts that constantly bombard us? What are our three choices?

2) Do un-dealt with thoughts and emotions influence our actions? Share an example from the Bible.

3) What happens if we bury, hide or push down our real thoughts and feelings?

4) Name the four steps of cleansing. What Biblical foundations are these steps based upon?

5) Why is step #1–recognizing our sin and self–so very important? Have you done this?

6) Are we to relive these negative experiences?

7) Why is it so important to understand what the “root cause” is? Can you give a personal example.

8) The second part of step #2–unconditionally forgiving those who have hurt us–is difficult. What does this really mean?

9) Why is step #4—read God's Word and replace the lies with the truth—so important? What happens if we don't do this? Has this ever happened to you?

10) After we have acknowledged, confessed, repented, given to God and replaced the Word, what might we do next?

Are you willing to be a Hosea? Are you willing to moment by moment allow God to use your life to reach others?