

# Discussion Questions

## The Cure For Insanity

### Ephesians 4:14-25

(When do you feel most alive? In what circumstances or activities is life most filled with meaning for you?)  
(When do you feel least alive? In what circumstances or activities is life least filled with meaning for you?)

- When answering the above questions, did your response have anything to do with relationship? Did it have to do with giving, sharing or helping others or maybe receiving from others—or both?
- How does the way you experience life in abundance reflect the way that you physiologically stay alive?

In this sermon, Peter told a heartbreakingly painful story about a girl in a slum in India who was severely abused by her mother.

- What emotions stirred in you as you heard the story?
- How do you typically cope with depressing news, painful stories, and the pain of others in general?

In the midst of our own pain, and the pain of others, we can easily be tempted into isolation. *But*, we were not made to be alone, cut off from others and the Body of Christ. When we try to disconnect ourselves or cut ourselves off from the Body Paul describes us as “children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes.”

- Think about your culture. Are there any cunning, crafty or deceitful schemes that you can identify that tempt you to avoid relationship—that cut you off from the Body of Christ and His work?

In Ephesians 4:18a Paul says, “*You must no longer walk as the Gentiles do, in the futility of their minds. They are cut off alienated from the life of God...*”

Over and over, in the gospels, Jesus mourns the *porosis* of our hearts. In Mark 3, the Jews are offended, for they think Jesus breaks their “knowledge of good and evil” because He heals a cripple on the Sabbath...When Jesus appears to His disciples after the resurrection, He rebukes them for their hardness of heart...—Peter Hiatt

The temptation to cut ourselves off from compassion, to alienate ourselves from the heartbeat of God—the very life of God—is not from God. In this sermon Peter said,

I think the cure for insanity is a heart broken for another, a heart that is broken for love... We think our purpose is to avoid the cross, but it's to come to the cross and learn to die for Love. It's to be emptied of our “psycho-logos.” (That's a logos imprisoned in our own selfish psyche) and be filled with “Theo-Logos,” God's Logos—Jesus, risen from the dead, the very life of God, flowing from one member to the next member like a river of blood through open vessels in a living and beating heart.

- Can you think of any ways in which God might be inviting you to:
- Come to the cross rather than avoiding it?
- Reconnect with His body?
- Weep with those who weep?
- Come to the cross and be emptied of your own logic and filled with His?

“We think our purpose is to avoid the cross...But it's to come to the cross and learn to die for Love.”  
What does coming to the cross and learning to die for Love mean for you?

- These questions were created by Kimberly Weynen