

Kingdom Emotions: Awe  
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November 24, 2024

**Reflection & Discussion Questions**

**In this series we have talked about how understanding our emotions is part of our spiritual growth**

There is importance in noticing them, naming them, and navigating them with God.

\*What stuck out to you or what did you learn about emotions and how they relate to our spiritual growth over the past few weeks?

\*How have you been able to use the notice, name and navigate tools with your emotions recently?

**Awe is an experience of truth that cannot be put into words**

“The feeling of being in the presence of something vast that transcends your current understanding of the world” – Dacher Keltner

\*How would you describe the emotion of awe? When was the last time you were awestruck?

\*What are some of the ways people seek to find awe?

\*How would you say that experiencing awe impacts humans? Why is it an important emotion?

**When we experience awe, we become aware that we are seen by the God who holds everything**

Read and discuss Genesis 28:10-22 (NIV)

*<sup>10</sup> Jacob left Beersheba and set out for Harran. <sup>11</sup> When he reached a certain place, he stopped for the night because the sun had set. Taking one of the stones there, he put it under his head and lay down to sleep. <sup>12</sup> He had a dream in which he saw a stairway resting on the earth, with its top reaching to heaven, and the angels of God were ascending and descending on it. <sup>13</sup> There above it stood the Lord, and he said: “I am the Lord, the God of your father Abraham and the God of Isaac. I will give you and your descendants the land on which you are lying. <sup>14</sup> Your descendants will be like the dust of the earth, and you will spread out to the west and to the east, to the north and to the south. All peoples on earth will be blessed through you and your offspring. <sup>15</sup> I am with you and will watch over you wherever you go, and I will bring you back to this land. I will not leave you until I have done what I have promised you.”*

*<sup>16</sup> When Jacob awoke from his sleep, he thought, “Surely the Lord is in this place, and I was not aware of it.” <sup>17</sup> He was afraid and said, “How awesome is this place! This is none other than the house of God; this is the gate of heaven.”*

*<sup>18</sup> Early the next morning Jacob took the stone he had placed under his head and set it up as a pillar and poured oil on top of it. <sup>19</sup> He called that place Bethel, though the city used to be called Luz.*

*<sup>20</sup> Then Jacob made a vow, saying, “If God will be with me and will watch over me on this journey I am taking and will give me food to eat and clothes to wear <sup>21</sup> so that I return safely to my father’s household, then the Lord will be my God <sup>22</sup> and this stone that I have set up as a pillar will be God’s house, and of all that you give me I will give you a tenth.”*

\*What do we see about awe and Jacob’s experience of it in this passage? What is his awe-strickeness connected to?

\*How does this experience of wonder change him?

\*How have your encounters with awe impacted your belief in God or spiritual formation?

**Awe is sometimes found randomly but we can also purposefully cultivate it**

To do so we must limit and manage 'awe killers' in our lives.

\*What types of things deaden awe?

\*What are the awe killers in your life right now? Are there ways you can limit and manage them?

**We need to put ourselves in the path of things that connect us to awe**

Spaces that help us to encounter awe are:

Other people's courage and kindness; nature; collective gatherings (dance, rituals and ceremonies); music; visual art; religious and spiritual practice; epiphanies (learning); birth and death

\*In which of these categories have you experienced awe?

\*Which leads you most often to be awestruck? Which one helps you connect with the transcendent God who is with you?

\*How could you find ways to put yourself in the pathway of wonder more often?

\*What is the Spirit showing you about your relationship with awe?