

Biblical Fellowship Week 7: Sharing with MOPing

M - _____

Job 3:16 and 3:24: "Why was I not as a *hidden stillborn child*, as infants who never see the light? For my sighing comes instead of my bread, and my groanings are poured out *like water*."

O - _____

Job 3:26-26: "The thing that I *fear* comes upon me, and what I *dread* befalls me. I am *not at ease*, nor am I *quiet*."

P - _____

Job 3:26 says: "I have *no rest*, but trouble comes."

The Power of MOPing

- When someone asks how we're doing, our default is often to talk at a **head-level**:
 - What is happening or what happened factually
 - What we know is true, that we ought to believe but don't believe
- While reminding ourselves of truth is always good, we have to put truth-speaking on pause in order to examine and explore what is at the root of our struggles with sin.
- MOPing allows others to see what is truly going on at our core by following our feelings to our beliefs.

