

**BASECAMP**  
MEN'S CONFERENCE 2023



# **BASECAMP**

## **Local**



# **2023**

# Welcome to BASECAMP Local

Men preparing to climb mountains like Everest, don't just pick up their pack and go. Before they get to BASECAMP, they've spent time training and working towards their goal. In that same way, we've created your BASECAMP experience this year to be much more than what happens on the day.

Our BASECAMP Local resource has been designed to complement our conference theme of 'unravelling emotions'. It's a four-session small group study that you can do together as a group, or individually. We recommend completing study 1 prior to BASECAMP and then the remaining sessions as a follow-up after our event.

We're so excited for this and are praying this will help you grow your faith together!

## How to use BASECAMP Local

We recommend completing study 1 prior to BASECAMP and then the remaining sessions as a follow-up after our event.

Here are some suggested basic practices for your group to function well. Participating in any group means that you have read, understood, and agree to these practises:

- Use "I" statements
- One person speaks at a time
- Share the airtime
- Respect the right to pass — if someone feels uncomfortable sharing
- Resist the temptation to fix problems — don't interrupt, judge or give advice
- Respect confidentiality — what's said in the group, stays in the group

# Real Emotions # 1: “Good and Bad Emotions?”

One of the first conversations I remember about emotions happened in front of me when I was in primary school in Melbourne. The teacher asked everyone to respond with what they thought about each emotion, for example she'd say, 'happy' with a cheery voice and we would all respond with 'good!'. As she went along with each emotion our class responded. Sadness. Bad. Excited. Good. Angry. Bad. We went through until we all had a list of emotions that we liked, and emotions that we didn't. What a silly classroom exercise! As I've grown up in church, I've found that our conversations about emotions don't always get much deeper than that. In conversations with some brothers in Christ, emotions are often seen as a topic of judgement rather than exploration. Someone was angry? You should control your anger. Someone is happy? Good for you. Someone is in a low mood? Cheer up!

Scripture tells us that Christ himself lived through all the ups and downs of the human experience, He is not unfamiliar with our lives (Hebrews 4:15). Jesus got angry, became saddened, celebrated, and felt empathy. All these things comprise a holy life. What are some ways that we can connect with God, not despite our emotions, but with them? Let's explore them together as we prepare for BASECAMP.

## Reflection Questions

1. Read John 11:17-44. What emotions do you see in this story? From Mary and Martha? From Jesus? From the Jews? How do all these emotions add to the miracle of Jesus raising Lazarus from the dead?
  
2. What role does sadness/anger/disappointment/fear have in bringing God's presence and truth into the world around us?

3. What some 'bad' feelings you have had this year that have been helpful for your faith? Which ones haven't? Why?

4. Who do you trust you can share these emotions with that would turn you towards God?

## Application

Pray for one another and share if there has been any discouragement or grief that you are hoping God would use to speak to you in this year's BASECAMP event.

**Register for BASECAMP if you haven't already!**

## **Real Emotions #2: Experience BASECAMP together!**

Go to BASECAMP together (or watch online) and share about how God may be working in changing how you're seeing your emotions or how God is speaking to you personally.

## **Real Emotions #3: God's heart for our emotions**

While Scripture tells us that God isn't found IN emotion, it doesn't tell us to abandon emotion when speaking to God either! In the Psalms, David and the Psalmists cry out to God in joy, sadness, anger, depression, and all sorts of other emotions. All these emotions are found and accepted by God as part of His word.

We learn in the Psalms that engaging with God with our whole being can be a holy and forming experience. The key to these expressions being godly isn't that they're emotional, but that they're being put under submission to God's will and praises. It is an act of surrender to trust him with even our 'bad' emotions and to be vulnerable to our saviour.

## **Scripture Reading**

### **Psalm 62**

1. What is the Psalmist trusting God with from verses 1-4?
  
  
  
  
  
  
  
  
  
  
2. Who do you trust with your emotions in your life? What are some ways you find helpful to express these emotions?



# Real Emotions #4: Let's talk about shame

***Watch this excerpt of Dr Brené Brown's TED talk on Guilt and Shame.***

<https://youtu.be/5C6UeLitWkw>

Let's talk about shame. While Christian communities are often very good at talking about guilt (I did something wrong/something bad happened), we are not very skilled at sharing about shame (I feel like I'm the problem/I have issues/I feel damaged or twisted). Shame threatens to unveil us as weak or incompetent. If guilt has the potential to turn us towards God and community in repentance, shame has to potential to make us run away from God to hide our ineptitude.

## Scripture Reading

### Genesis 3:1-13

1. After eating of the fruit Adam and Eve tried to hide from the Lord's presence. Have you ever done something bad where you thought God wouldn't to speak to you? Why?
  
  
  
  
  
  
  
  
  
  
2. After shame, Adam and Even began to blame other things and people for their actions. How have you seen shame create tension and pain within families or communities?

3. How do you think God wants us to deal with our shame in life? How does He want us to share with others regarding our shame?

4. What is something your group can do to help others deal with their shame better?

## Application

On your phone or on a piece of paper, write down an area of life that you feel like you're the problem in. Share with someone you trust this week on how you can bring that area of your life to God, rather than away from Him.