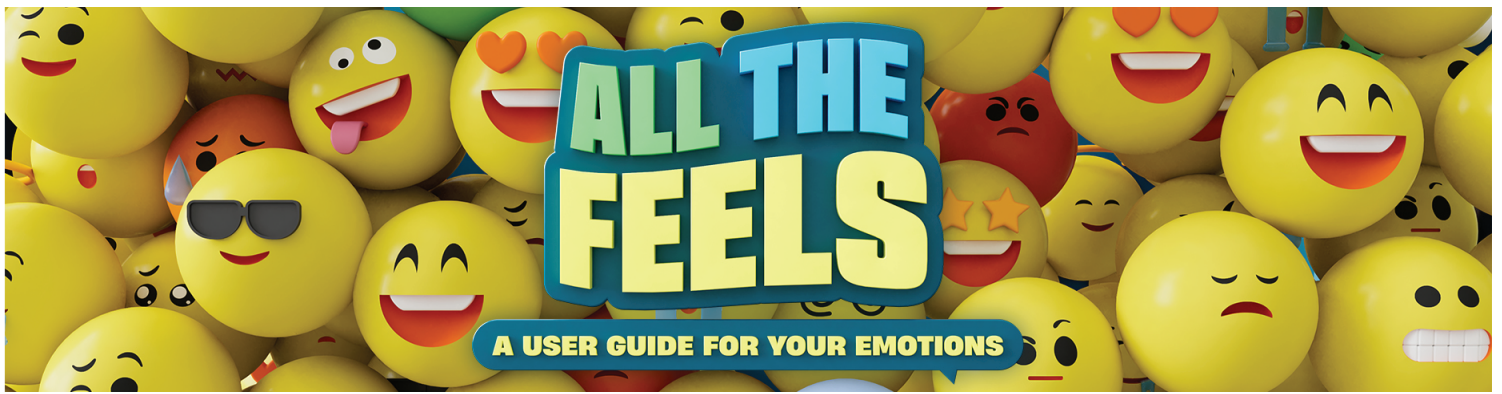




WEEK #1: EMOTIONS 101

INTRODUCTION

We all have a wide range of emotions. And they can be confusing sometimes. It's easy to wonder, "Am I too emotional? Not emotional enough? Why don't my feelings make sense? Why can't I make myself feel differently?" What we do know is that God gave us our emotions, and when we use them as intended, they can help us sort through the challenges of this life. So, how do we do that? It's time to talk about emotions. It's time to explore *All The Feels*.

DISCUSSION QUESTIONS

1. Pastor Jonathan shared six emotional myths. Were you surprised to discover some of them were myths?
 - a. Myth #1: Emotions create new problems.
 - b. Myth #2: Psychologically healthy and mature people are logical, not emotional.
 - c. Myth #3: Focusing on your emotions makes you a selfish person.
 - d. Myth #4: We'd all be much more Christlike if we could just be a little less emotional.
 - e. Myth #5: Good emotions are okay; stay away from those bad emotions.
 - f. Myth #6: Getting emotional always leads to conflict/arguments.
2. Truth #1: We serve an emotional God. What do you think about this truth? Is it comforting, unsettling, or unbelievable?
3. Truth #2: Self-awareness is different from self-absorption. Emotional awareness is a good thing. Do you find it challenging not to view self-awareness as self-absorption? Why or why not? What is the difference between the two?
4. Truth #3: Emotions aren't good or bad—they're signals that let us know something needs attention. Have you ever viewed your emotions this way?
5. Truth #4: Conflict comes from being conclusional, not from being emotional. Have you ever confused a conclusion with an emotion and gotten into an argument about it?
6. Have you ever been honest with God about how you feel? Is it comforting to know that God empathizes with you?
7. What was your biggest takeaway from the message, and why?

SCRIPTURE

Mark 3:3-5, 8:12-13 / John 11:33-36, 13:21 / Matthew 9:36, 14:14 / Luke 7:11-13, 10:21, 10:40-42, 19:41 / Proverbs 4:23 / 1 Samuel 18:7-9 / 1 Kings 19:10, 19:18 / Hebrews 4:15-16.