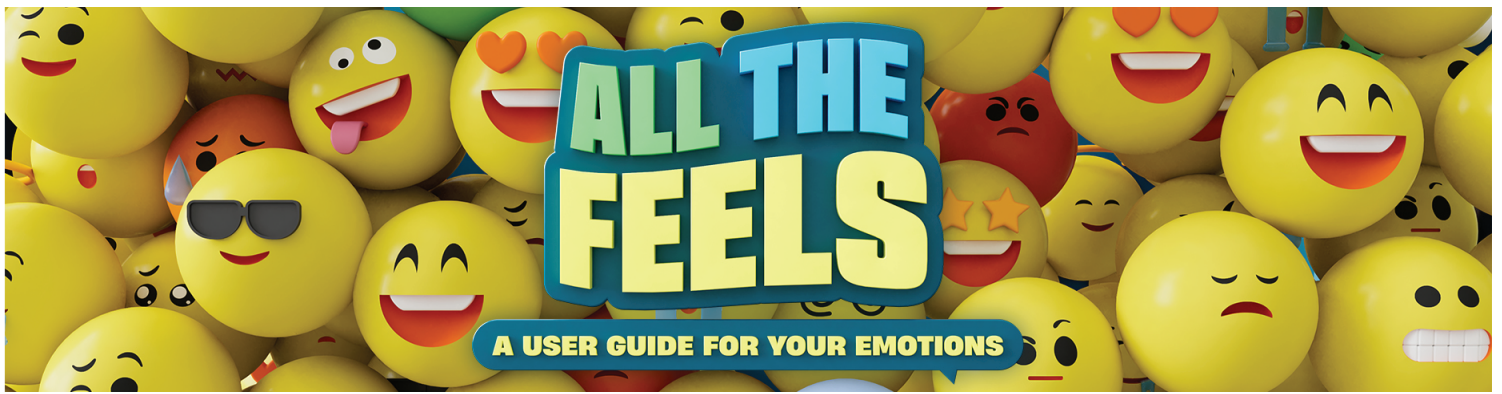




WEEK #2: ATTITUDE ADJUSTMENT

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. When experiencing an emotion, have you ever asked yourself, "*Is it right for me to be (enter emotion here) about this?*" How might this question help us adjust our attitude properly to our situations? How might the question, "*Is this emotion the most helpful for my current situation?*" help us navigate our emotions?
2. Pastor Jonathan said that our behavior follows our emotions. So, instead of asking, "*What would Jesus do?*" What if we asked, "*How does Jesus feel?*" Share your thoughts. Do you think this would change how you approach different situations?
3. Have your beliefs ever sabotaged your emotions? If so, how?
4. Have you ever asked the Lord for help in dealing with problematic beliefs? If so, how has God helped you shape your beliefs?
5. What does it look like to strategically engage God's Word to help you evaluate and shape your beliefs?
6. What was your biggest takeaway from the message, and why?

SCRIPTURE & QUOTES

Jonah 4:1-11 / Genesis 3:1-7 / 2 Samuel 11:25, 12:5-7 / Mark 9:21-24 / 2 Corinthians 5:17 / 1 John 3:1 / John 3:16-17, 16:33 / Jeremiah 29:11 / Psalm 30:5, 18:30, 84:11 / Romans 8:38-39.

"Emotions: Feelings that tell us something is happening that needs our attention."

"Righteous emotion: What God feels about something you are facing."

"Our emotions are steered by our beliefs."