



## WEEK #3: YOUR EMOTIONAL POWER TOOLS.

### 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 two emotional struggles he has: anger and anxiety. Can you relate to Pastor Jonathan's struggles? What emotional struggles do you have?
2. Read James 1:19. How can the emotional power tool of time and the Biblical principle: think before acting, help us navigate our emotional struggles?
3. When we are not in a "good place" mentally/emotionally, we need to listen to people who are. Who do you have in your life that can provide you with Godly counsel when you need it?
4. Read Matthew 6:25-34. As you deal with your emotional struggles, is it challenging to take things one day at a time?
5. Pastor Jonathan said one of our emotional power tools is lamenting, which involves gut-level honesty about how you feel and a reminder of what you truly believe. Do you lament your emotional struggles to God? Do you believe your faith and feelings are both important to God?
6. Read Philippians 4:6 and Psalm 103:2-5. What do these Scriptures tell us about the importance of prayer and gratitude? Do you consistently practice both in your life? If not, what keeps you from talking to God about how you feel and counting your blessings?
7. What was your biggest takeaway from the message, and why?
8. What was your biggest takeaway from this series, and why?

### SCRIPTURE & QUOTES

Proverbs 10:8, 12:15-16, 13:14, 13:16, 14:15-17, 14:29, 21:29 / Matthew 6:25-34 / Psalm 3:1-3, 103:2-5 / John 11:21-22 / Philippians 4:6 / Hebrews 4:15-16 / James 1:19.

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