



RESILIENCE

CONVERSATION #2: MANAGING EMOTIONS

ICEBREAKER: EMOTION OF THE WEEK



Take a moment to imagine your past week as the front page of a newspaper. If there were a single headline emotion describing it, what would it be?

For some, the headline might read *“Overwhelmed,” “Frustrated,” “Hopeful,” “Anxious,”* or even *“Numb.”* There’s no right or wrong answer - this is simply about noticing what has been most present in your heart and mind.

If you’re comfortable, take it one step further and share with your group what usually triggers that emotion.

STUDY: MORE THAN A FEELING

Many of us, especially in the early stages of spiritual growth, tend to let our feelings take the lead. Emotions feel powerful, immediate, and convincing, so it’s easy to assume they should guide our decisions. But spiritual growth begins when we learn to slow down and filter what we feel through God’s truth instead of obeying those feelings automatically.

This doesn’t mean our emotions are wrong or should be ignored. They are real, and they matter - but they aren’t reliable leaders. Truth has to take the lead. The shift we’re learning to make is moving from asking, *“How do I feel about this?”* to asking, *“What does God say - and how do I respond?”* To think about this more in depth, let’s take a moment to consider one of the last times your emotions took control.

ACTIVITY: EMOTIONAL CHAIN REACTION

Use the timeline below to map a recent emotional moment you wish you had handled differently. Walk through each step with your group to see how the emotion developed and how each step led to the next. If you need help getting started, see the example on the next page.



Example:

TRIGGER	EMOTION	ASSUMPTION	REACTION	OUTCOME
I saw someone else succeed while I'm still struggling.	Frustration and jealousy	If God cared, my situation would be different.	Pull back. Compare. Became cynical. Stop praying honestly.	Distance from God. Bitterness. Loss of peace.

STUDY: TURN DOWN THE NOISE

One of the biggest challenges we face is that our emotions are often loud on the inside, pushing us to respond quickly. But volume doesn't equal truth, and just because an emotion is loud doesn't mean it deserves to lead. When emotions are loud, truth doesn't disappear - it just needs space to be heard. So, let's take a look at how God invites us to create that space.

READ PSALM 37:7-8 *(actually read it a few times, and read it slowly)*

- Take this passage and break it into four distinct commands.
- Which part of **Psalm 37:7-8** feels hardest for you right now?
- What emotions tend to hijack your decisions most often?
- How do you usually respond when your emotions feel justified?
- How might stillness change the way you respond emotionally?

Go back to your *"Emotional Chain Reaction"* timeline and draw a line where you could have practiced Psalm 37 - being still and waiting before reacting.

- How might that situation have unfolded differently if you had paused there and responded the way Psalm 37 invites you to?

STUDY: JESUS TAKE THE WHEEL

As you read the verses below, pay attention to what they suggest about how we are meant to handle our emotions. Notice what Scripture affirms, what it cautions against, and how it invites us to respond when our feelings are strong.

Psalm 42:5

2 Corinthians 10:5

Philippians 4:6-7

Galatians 5:16-23

Proverbs 4:23

CHALLENGE: MIXED EMOTIONS

This week, use the QR code to the right and set aside distraction-free time to watch one sermon from the **Mixed Emotions** series. Take notes on what stands out, then share your insights and next steps with your discipleship partner(s).

