



FOUNDATIONS

CONVERSATION 4: THE DIFFERENCE BETWEEN FEELINGS & FAITH

ICEBREAKER: THE LAST TIME I FELT ...

To start our conversation, we will review the list below, sharing the last time we felt these emotions:

- Frustrated
- Grateful
- Overwhelmed
- Proud
- Anxious
- Encouraged
- Confused
- Hopeful
- Lonely
- Excited
- Discouraged
- Calm

Emotions play a big role in our lives. They show up quickly, shape how we see things, and feel very real in the moment. But even though emotions matter, they aren't always the best guide. That's why understanding the difference between feelings and faith is so important.

STUDY: WALKING BY FAITH

Just like physical children, spiritual children naturally respond to life based on how they feel in the moment. That isn't something to feel guilty about - it's simply where every disciple begins. Kids react quickly because they're still learning how the world works, and in the same way, spiritual children are still learning how to navigate life with God.

As we grow, we begin shifting from reacting out of our emotions to responding based on what God has said - even when our feelings don't match the truth yet. A helpful reminder for this journey is the truth that: **"Feelings make great indicators, but terrible leaders."** Growth doesn't mean ignoring your feelings; it means learning to let faith lead them.

As we begin to recognize how strong and immediate our emotions can be, it's important to see how Scripture helps us distinguish between what we *feel* and what is actually *true*. God doesn't ask us to deny our feelings - He invites us to anchor them in something stronger. So, let's look at a few passages together and unpack how God teaches us to navigate our emotions without being led by them.

READ: 2 CORINTHIANS 5:7

- What do you think "walking by sight" looks like in everyday life?
- How might "walking by faith" look different?

READ: PSALM 42:5

- In this passage, David talks to his feelings instead of letting them talk for him. What feelings control you most often?
 Fear Anger Insecurity Approval from people
 Doubt Discouragement Anxiety Impulse / temptation

READ: JEREMIAH 17:9

- We live in a world that constantly tells us, "Just follow your heart." But what would Jeremiah say about that? And when those messages collide, whose voice do you believe is telling the truth?
- Why do we trust our feelings so easily?

READ: MATTHEW 7:24-27

- Share about a time you felt like you built something on a foundation of "sand". In hindsight, what do you wish you had done differently?

ACTIVITY: THE THREE CHAIRS

Imagine three chairs in front of you, each representing a different way you could respond to life.



FEELINGS



FACTS



FAITH

The FEELINGS chair reacts instantly, driven by whatever emotion hits in the moment. **The FACTS chair** focuses on what you can see, measure, or explain - your circumstances. **The FAITH chair** stands on God's truth, even when emotions and circumstances disagree. Now think of an example from something you've had to deal with this week: a rejection, an unanswered prayer, a moment of temptation, or a season of discouragement, some difficult situation that you didn't anticipate.

- Which chair did you sit in first? Where do you normally place yourself without even thinking?
- What would it take for you to shift from the "feelings" or "facts" chair to the faith chair?

CHALLENGE: FAITH OVER FEELINGS

This week, pay attention to any moment when a strong emotion hits you - frustration, fear, excitement, insecurity, discouragement, or anything that feels BIG. When you notice that feeling rise, pause and let it become a signal, not a steering wheel. Instead of reacting to the emotion, turn to Scripture and ask, "**What truth does God speak into this feeling?**" Use your emotions as a prompt to search God's Word, letting your feelings drive you to faith instead of away from it. Share any scriptures you discover with your discipleship partner(s).