

# EMOTIONS

## WEEK 1 GROUP GUIDE



### SERIES OVERVIEW

"How are you feeling?" Just the question makes many of us squirm! In reality, we all have emotions but don't always know how to navigate them well. Over the next few weeks, we are going to learn how to navigate our emotions in a way that is honest to what we feel, but honors God as they lead us towards His purpose for our lives?

### BIG IDEA

I'm Fine—We have a tendency to avoid emotions and it often leads us to missed opportunities of connection & growth.

### ICEBREAKER/CHECK-IN QUESTION

- Share a funny or interesting story about a time when you pretended to be okay but were actually feeling completely different.

### DISCUSS

- Share one or two thoughts that stuck out to you from this week's message.
- Share an experience where you felt the need to hide or suppress your emotions. How did that affect your overall well-being?
- How do you perceive the relationship between emotional health and spiritual maturity? Do you agree with the idea that being emotionally healthy is essential for spiritual growth, and why?

### READ

- **MATTHEW 26:36-39**
- **LUKE 22:44**

### DISCUSS

- In Matthew 26:36-39, Jesus expressed deep sorrow and asked God to let the cup be taken from him, yet surrendered to God's will. How does knowing that Jesus experienced intense emotions help you in your own emotional struggles? How can we learn from Jesus' example in surrendering our own emotions and desires to God?
- Share an experience where vulnerability led to growth and healing in your life. Practically speaking, how can we create a safe space within our small group where we could all feel safe enough to share? How can we be a source of encouragement and accountability to each other?
- Share a specific emotion or struggle you are currently facing. How can we pray for and support you in navigating through this emotional journey?

### PRAY

Father, we thank you for this discussion on emotions and their impact on our lives. Help us navigate our feelings in a healthy and God-honoring way. Guide us in surrendering our emotions to you, finding peace and growth in the process. In Jesus' name, amen.