

# EMOTIONS

## WEEK 2 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

Not Great - The response we often give when we are experiencing something we never thought we would be going through. It's an emotion that leads us to feeling overwhelmed, lonely, disbelief, hopeless, even sadness. God has something for us to hold onto, even in the middle of our sadness.

### ICEBREAKER/CHECK-IN QUESTION

- What's the most embarrassing thing that has happened to you while exercising or participating in a physical activity?

### DISCUSS

- Share one or two thoughts that stuck out to you from this week's message.
- Have you ever found it difficult to admit that you're not okay and ask for help? Why or why not?
- How do you typically respond when someone asks you how you're doing? Do you tend to be honest or do you default to saying "everything is fine" even when it's not?

### READ

- **LUKE 7:2-10**
- **PROVERBS 11:14**
- **PSALM 34:18**

### DISCUSS

- How does the promise of God's presence and closeness to the brokenhearted in Psalm 34:18 bring comfort and hope in times of struggle? How can we practically rely on God's strength in our moments of weakness?
- Reflecting on these verses, how do these passages emphasize the importance of seeking help and support in times of need? What insights or applications can we draw from these verses?
- In what areas of your life do you currently need help or support? Are there any specific steps you can take to reach out for assistance? Are there any practical ways that this small group can help?

### PRAY

God, thank you for this time to gather and discuss our struggles and the importance of seeking help. Help us to embrace vulnerability and find healing through the power of community and our faith in you. Amen.