

EMOTIONS

WEEK 3 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

Tired - On a weekend where we celebrate the achievements of men/women in the workforce... For all our accomplishments, it comes at a cost. The number one response to the question, "How are you feeling?" According to recent polls is: "I'm tired." Not much has changed since Jesus' day. But Jesus offers a better way.

ICEBREAKER/CHECK-IN QUESTION

- If you could eliminate one thing from your daily routine to have more time for rest, what would it be?

DISCUSS

- Share one or two thoughts that stuck out to you from this week's message.
- How does feeling tired affect your emotions, mindset, and overall well-being?
- Are there any warning signs or "warning lights" in your life indicating that you need more rest? How do you typically respond to them?

READ

- **MATTHEW 11:28**
- **PSALM 23:1-3**
- **GENESIS 2:3**

DISCUSS

- Scripture makes it clear that rest is a big deal. What are some practical ways you can incorporate intentional rest and margin into your life despite a busy schedule?
- Share any personal experiences of finding renewal and refreshment when you intentionally slowed down and made rest a priority.
- In Psalm 23:1-3, David acknowledged God as his shepherd and found rest. What practical steps can you take to trust God more and rely on His provision and care in your life?

PRAY

God, help us trust in You as our shepherd. Renew our souls and guide us in embracing intentional rest, finding fulfillment in You. Amen.