



# EMOTIONS

## WEEK 4 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

Stress & Anxiety—This emotion floods the heart and overwhelms the mind. Dealing with the "What ifs" of life with the power and presence of Jesus.

### ICEBREAKER/CHECK-IN QUESTION

- What's your go-to comfort food or activity when you're feeling stressed?

### DISCUSS

- Share one or two thoughts that stuck out to you from this week's message.
- How do you typically respond to stress? Are there healthy or unhealthy coping mechanisms that you've developed? Share some practical strategies that have helped you navigate stressful situations.

### READ

- [PSALM 55:1-8](#)
- [PSALM 55:16-18](#)

### DISCUSS

- In the message, Skyler talks about the importance of **honest** and **specific** prayers. Do you find it challenging to be vulnerable and transparent in your prayers? How can we cultivate honesty and specificity in our conversations with God?
- How can we cultivate a consistent and persistent prayer life, like David, even in the midst of stressful circumstances? Share some practical ways to stay connected to God throughout the day.
- David found comfort and peace by focusing on the truth of who God is. How can we intentionally turn up the volume of God's truth in our lives to drown out fear, worry, and anxiety? Share some practical ways to immerse ourselves in Scripture and the promises of God.
- Take a moment to identify specific burdens or worries that you've been carrying. How can you practically surrender these burdens to God and trust Him to take care of you?

### PRAY

God, help us to surrender our stress, find peace in your presence, and trust you with all of our burdens. Amen.