

EMOTIONS

WEEK 5 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

Shame plays no favorites and it often resists authentic relationships and cripples the calling of God on our lives.

ICEBREAKER/CHECK-IN QUESTION

- Share a funny or embarrassing moment from your past that made you want to hide or sneak around. How did you handle it?

DISCUSS

- Share one or two thoughts that stuck out to you from this week's message.
- Discuss your personal approach to dealing with shame. Do you tend to avoid it or confront it head-on? Why?
- Share a personal experience when you felt disconnected from God or others due to shame. How did you handle it, and what was the outcome?

READ

- **PSALM 32:1-5**
- **PSALM 32:11**

DISCUSS

- David talks about the importance of acknowledging and confessing sin. How comfortable are you with confessing your shortcomings? How do you think this can lead to freedom and healing?
- Reflect on a time when you felt guilty about something but chose not to confess it or bring it into the light. How did that affect your overall joy and freedom?
- How can we apply the concept of inviting God into our shame and vulnerability in our daily lives? What practical steps can we take to bring our struggles to Him and find healing and redemption?

PRAY

Lord, we come before you, confessing our shortcomings and asking for your forgiveness. Thank you for lifting the burdens of guilt and shame. May we experience the joy and freedom that comes from walking in your forgiveness. Amen.