

EMOTIONS

WEEK 6 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

Had Enough - How do you respond to the frustrations of life in a God honoring way? Psalm 107 shows us how to live in the spirit and battle the flesh.

ICEBREAKER/CHECK-IN QUESTION

- If you could have a superpower to control any emotion, which one would you choose and why?

DISCUSS

- Share one or two thoughts that stuck out to you from this week's message.
- How does anger typically manifest in your life? Are you more likely to react aggressively or passively? Give examples.
- In what ways have you seen anger impact your relationships, both positively and negatively?

READ

- **PSALM 109:8-13**

DISCUSS

- Reflecting on David's prayer in Psalm 109, how does it challenge your understanding of expressing emotions to God?

READ

- **JAMES 1:19**

DISCUSS

- Discuss the concept of **reacting** versus **responding** in moments of anger. How can we cultivate a spirit of thoughtful response rather than impulsive reaction?
- How can we practice forgiveness and surrendering our anger to God in our own lives? Share practical strategies you've used to cope with anger in a healthy way.

PRAY

God, help us release our anger and trust in Your guidance. May we respond thoughtfully, seeking healing and growing in emotional and spiritual maturity. Amen.