

Life Group Discussion Guide - April 22nd 2018
EMOTIONS

This week we will discuss the role emotions play in shaping the quality and direction of our lives. The goal is to better understand how to process our feelings by looking to the God who created them.

I encourage everyone to weigh in on the conversation so the entire group gains a deeper & wider perspective on the subject.

Q? What idea or insight connected most with you from this weeks sermon on “emotions”? **Discuss:** _____

Q? What do you imagine Gods intended purpose for emotions are in our lives? Why were we wired with them? **Discuss:** _____

Q? Although designed by God, should our emotions or feelings always be trusted? How can we know? _____

* All negative emotions (*especially Anger & Fear*) are forms of “**feeling hurt**”. All hurt stems from a “**sense of loss**”.

Read Mark 3:1-6 Aloud in your group:

Q? What were the “negative emotions” Jesus was feeling & why? _____

Q? If it were you in this story instead of Jesus, would you have processed these emotions the same? How might anger & deep distress misplaced, have potentially sabotaged this ministry opportunity? **Discuss:** _____

Q? Can you give an example of an emotional hurt you felt & identify what you sensed you were losing? **Explain:** _____

Q? Just because we feel “hurt” with a “sense of loss”, how might we be falsely interpreting our emotions & creating unnecessary pain? Have you experienced this? **Discuss:** _____

Read Mark 3:20-34 Aloud in your group...

* In this passage we see Jesus (*who is fully pure, innocent and faithful*) being criticized, mocked & falsely accused by not only the teachers of the law but also his own family!

Q? You know yourself & your triggers pretty well. Would you have been tempted to handle this pressure with a less Christlike response? **Explain?**

Q? What lessons did Jesus display in this passage that can help us better process our emotions under fire? **Explain:** _____

* If we are to live in harmony with God, experience strong relationships & peace within our own soul, it is crucial to learn how to “interpret” our negative emotions & discover what they mean? The meaning we assign to our emotions will fuel our response or reactions.

- Close the group time by discussing the ways in which we can improve our lives & witness by improving the way we process emotions. **Discuss:**_____

Close by praying as the Holy Spirit leads you to.....