

SMALL GROUP DISCUSSION GUIDE

Emotions - Week 1



EMOTIONS

CONNECT

Spend some time checking in. What are highs and lows since you last met? How can your group members pray for and support each other this week?

GROW

- Talk about a time when you've held onto two, maybe more emotions at the same time. Can you use words other than "happy," "sad," or "angry" to describe that time? What's it like to feel multiple emotions at once?
- Are you more likely to armor up against emotions, to minimize them, or to maximize them? Why do you think that is?
- When you've experienced grief in life, who has shown you compassion?
- What does it mean to know that when you're holding hurt, God is holding you?
- How does thinking of your emotions as a superpower rather than a weakness affect you?

BIBLE

Read Luke 7:11-15. What speaks to you, and why?

PRAY

Graceful God, we thank you for the deep dwelling of emotions you have given to us. For these indicators of our well-being and for the well-being of others. Help us to embrace our feelings and love others. Amen.

