

SMALL GROUP DISCUSSION GUIDE

Emotions - Week 2



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

- Be honest, what makes you anxious?
- What happens when we speak "truth" to our feelings? When have you spoken "un-truths" or failed to speak at all to your feelings and what does that do to you?
- How could talking to people you trust and talking to God help alleviate your anxiety? What would that look like for you?
- What does it mean to know God wants to give you true peace?

BIBLE

Read Mark 14:32-36 and Philippians 4:6-7. 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.

