

# CALVARY WEEKLY DISCUSSION GUIDE

July 12, 2020



## CONNECT

All of us are filled with emotions on the inside, and over the past few months we've experienced a wide range of emotions as we've navigated everything from Covid to racial tension to divided politics. Although emotions are complicated, which of these would you say is your default: **Joy, Sadness, Anger, Disgust, or Fear?**

## GROW

- Thinking back, what was the emotional climate like in your home growing up? Were you a family who wore every emotion on your sleeve, or did you stuff them inside and struggle to talk about them? Why do emotions make people so uneasy at times?
- If you grew up in a church, what was the emotional climate like in the church you grew up? How did that affect your faith? If you didn't grow up in the church, did you associate any certain emotions with Christians?
- Read these parts of the Bible that remind us that God knows what is going on inside of us: **Psalm 139:1-13** **Luke 12:1-7** **Genesis 1:27-27**
- What does it mean that you were created in the image of a God who experienced all the emotions you did? Does that affect your faith now in a different way than it affected your faith growing up?

## PRAY

God, you know every one of us, and you know the emotions we experience. Remind us that our emotions are good because we are created in your image, and help us to find peace between what happens inside of us and what others see of us on the outside. Amen.