

MIXED EMOTIONS

SMALL GROUP GUIDE
Week One



The Big Idea

When kept in proper context, feelings draw you closer to God, others, and your destiny. However, we can get trapped when we allow our emotions to control us. Join us this week as we learn how to manage unwanted emotions.



Things to Remember

“Emotions are a gift from God, but they can often be unreliable.”

“Our feelings, uncontrolled, will ruin our life”

“In order to manage our emotions, it starts with naming what you are feeling. Challenging it, then taming it. You tame it by changing it or channeling it.”



Next Steps

- Write this process down somewhere and look back at it throughout this week: “In order to manage our emotions, it starts with naming what you are feeling. Challenging it, then taming it. You tame it by changing it or channeling it.”

Key Verses

Romans 8:6&8, Psalm 55:2, Psalm 26:2, Philippians 2:5



Discussion Questions

1. **Discuss** When was the last time you had an extreme emotion present itself? (ex. Road Rage, crying uncontrollable during a movie, etc.)

2. **Read** Romans 8:6, 8

Discuss What does “to be controlled by the Spirit” look like? Why do you think living this way, verses by our human nature, is better for us?

3. **Read** Psalm 55:2

Discuss Our feelings can be confusing and misleading. The first thing we have to do in dealing with our emotion is name it. Have you ever heard of naming your feelings before? And why do you think this is helpful?

4. **Read** Psalm 26:2

Discuss We have to challenge our emotions and what we are feeling, are things really as bad as how we ‘feel’ they are? How do you think we can practically apply this verse to our life?

5. **Read** Philippians 2:5

Discuss We can either change or channel our emotions. Most often our raw emotions are damaging and ineffective and the only thing we need to do is change them. How can we work on continually aligning our attitude with Christ’s?