

INTRO

- Name (if you can) four feelings you've had in the past week?

READ

Isaiah 53:3; Hebrews 12:2; Matthew 23:23; John 11:35; Matthew 9:36

REFLECT & RESPOND

God made all dimensions of our being including our emotions and we are responsible to steward them well. One clue on how to do this is to examine the emotional life of Jesus. We often look to what Jesus did, but not so much to how Jesus felt. He was not disconnected from His emotions. He responded emotionally to what was happening around him and to him in perfect response.

Qu: How do you feel about your emotions? Are you comfortable with them? Afraid of them? Not very aware of them?

Qu: Do you do emotional check-ins with yourself to reflect on how you are feeling?

We were all trained to mask our emotions. Part of Christian growth is to discover the blessing of a healthy emotional life.

Why grow in our emotional life?

1. If we block hard emotions, we end up not being able to experience the good ones as well.
2. If we can't recognize and understand our own emotions, we will not be able to be attuned to others.
3. Our emotions can detect reality before we can rationally explain it (e.g., a gut feeling)
4. Blocked emotions don't go away, they metastasize (show up in another way).

Qu: What 's the difference between thinking and feeling?

PRAYER & EMOTIONAL PROCESSING

Prayer – includes worship, thanksgiving, confession, petition, meditation, listening **and also emotional processing with God**. In fact, many of the Psalms are the record of David and others doing this very thing.

Qu: Do you bring your feelings and emotions to God in prayer? If so, can you share an experience in prayer where God showed you why you are experiencing a certain feeling?

PRAY

- Pray for one another for growth in becoming a more emotionally healthy person
- Pray for any needs that are present