

Emotions Week One: “Where is God when I hurt?”

Discussion Questions:

- 1.) In this week’s message, Pastor Aaron talks about how we tend to do three things with our emotions:
 - a. We armor up-we detach from our feelings.
 - b. We minimize-we hide our emotions.
 - c. We maximize-we let our emotions control our behavior.

As you listened to Pastor Aaron’s message, which of the three choices do you lean into with your emotions? Where do you think you learned this from?

- 2.) Read John 11. Consider how Mary approached Jesus. How did Mary share her emotions with Jesus? Does Jesus’ response to Mary surprise you? Why or why not?

- 3.) Sometimes we mistakenly believe our Christian life will be free from pain. Because we live in a broken world, we will experience pain. Jesus says in John 16:33 “I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart I have overcome the world.” Having a life with Jesus doesn’t mean we are protected from heartache. Having a life with Jesus means He is with us in the heartache. Contemplate the struggles you are walking through in your life. Picture God with you in the storm. He has not left you. He has not forsaken you. How is this different from what you have believed in the past? How can you open up to God in a deeper way knowing that He is close to you in your struggle?

- 4.) Ponder 1 Peter 5:7 and Romans 8:26. Read Genesis 16:13. What did Hagar discover in her trouble? How does knowing God as El Roi (The God Who Sees) help you? Spend time in prayer with God as El Roi.