

“Understanding Our Emotions”

Bottled Up Series

Discussion Questions

- **Ice Breaker:**
 - If our primary emotions tend to be: Glad, Sad, Mad or Scared, which do you feel like you express most often?
 - Which do you feel like you bottle up most often?
 - If emotions are felt on a spectrum- do you tend to BLOW UP or BOTTLE IT UP more often?
- **The hope for this sermon was to give a systematic theology of emotions. Assign the following texts to different people in your group, have them read out loud, and answer the question- what does this text say about God’s emotional world?**
 - Psalm 7:11
 - Jeremiah 31:3
 - John 3:16
 - Joshua 7:1
 - Zephaniah 3:17
 - Matthew 26:38
 - John 11:35
- **What does it say about God that he reveals himself as “a God who feels?”**
 - What does it say about us that we are created in his image (Gen 1:27)?
 - How do our emotions reflect God’s image in the world?
- **Alasdair Groves defines emotions this way, “Your emotions are an overflow and an expression of your heart, revealing what you care most about.”**
 - What do your emotions reveal about your heart?
- **Read Matthew 22:37-39. What is the significance of the Great Commandment and our emotional response?**
 - How does this text get to the heart of the emotion, rather than the surface level expression of the emotion?
- **Application & Reflection**
 - What does it look like for you to engage your emotions by engaging with God?
 - In Honest Prayer
 - In Heartfelt Worship
 - In Helpful Community
 - How can we as a small group live into our gospel identity of family and help shape each other emotionally?