



June 30, 2019

Emotional Work Out

Opening

- What is a fun summer activity that you've already done this summer? What have not done yet that you'd like to do before summer is over?

Discussion

- Do you think God likes you as you are? What would people you know say?
- Have you ever found parts of the Bible confusing? Is there a particular part of the Bible that seems confusing to you?
- Read Philippians 2:19-24
- How does Paul describe Timothy? Have you known anyone like that before?
- In what way has Timothy proven himself?
 - In what ways do you try to prove yourself? Is it in the same way as Timothy?
- Paul says that Timothy is like a son to him. Why would he want to send him away? What does this say about Paul?
- Is there someone or something in your life that you value highly that you might be holding on to too tightly?
- Do you think people would say that you have a genuine concern about others? What would they point to in your life?
- Read Philippians 2:25-28
- What is Epaphroditus like? What's his story?
- Why do you think Paul talks about his negative emotions, such as distress, sorrow, and anxiety? What place do you think these have in a Christian's life?
- Why would our ability to embrace our negative emotions impact our ability to love others well?

Closing

- Separate by gender, if that hasn't already happened. Take some time to talk about an area in your life where you are experiencing distress, sorry, or anxiety.
 - How has that been impacting the way you love others?
 - What step do you need to take in response to this area of your life?