

Week 4 Discussion Questions

1. What is the difference between reacting emotionally and being led by the Spirit?
2. Practically, how can we work towards intentionally responding to the Spirit instead of just emotionally reacting to everything around us?
3. How have your emotions impacted your family and/or peers?
4. What are the most difficult emotions for men in general to deal with?
5. What emotions, when expressed in healthy ways, are good for us and those around us?
6. When are you most vulnerable to being driven by your emotions?
7. Is there an emotion in your life that can get out of control?
8. What would it look like to lead our families by letting the Holy Spirit lead us?

Next Step Question

List the three emotions that you experience the most. Now prayerfully examine each of these before God. Ask His wisdom in handling each of these emotions in a way that honors Him.