

STARTING  
**fresh**  
WHAT WE MISS ABOUT FORGIVENESS

## DISCUSSION QUESTIONS

**TALK ABOUT A TIME WHEN YOU'VE ALLOWED YOUR FEELINGS TO CONTROL YOUR ACTIONS AND WHAT WERE YOUR RESULTS?**

**WHY IS IT IMPORTANT TO UNDERSTAND AND ACKNOWLEDGE OUR FEELINGS INSTEAD OF LETTING THEM CONTROL OUR ACTIONS?**

**HOW WERE YOU TAUGHT TO APPROACH YOUR FEELINGS THROUGHOUT LIFE? HOW WERE NEGATIVE FEELINGS TREATED OR TALKED ABOUT IN YOUR HOUSE GROWING UP? (OR IF THEY WERE NEVER TALKED ABOUT OR ACKNOWLEDGED, WHAT MESSAGE DID THAT SEND YOU?)**

**PASTOR CHRIS ENCOURAGES CURIOSITY SURROUNDING OUR FEELINGS AND LEANING INTO WHAT WE KNOW IS TRUE DESPITE HOW WE FEEL. GIVEN THAT, WHEN DO YOU BUILD IN TIME IN YOUR SCHEDULE TO BE CURIOUS ABOUT HOW YOU'RE FEELING AND WHAT GOD'S TRUTH IS?**

**WHAT FEELINGS ARE CURRENTLY ALERTING YOU TO SOMETHING YOU NEED TO EXPLORE?**

DINNER

GROUPS