

# Life Group STUDY GUIDE

## What you will need to supplement this guide:

1. A copy of the outline provided for notes on this message (copy from message or downloaded from the COASTAL APP.
2. A Bible or Bible APP to refer to verses.

## PURSUING LIFE TOGETHER

### SUNDAY MESSAGE REVIEW

**NOTE to the Life Group Leader:** This guide is provided as a tool to assist you in facilitating a structured discussion with your group. When used in conjunction with the outline notes and a Bible this tool will ensure that your group will *Engage Authentically*. The questions are merely recommended “talk starters”. It is important for you to let God help you navigate through the conversation as you *pursue life together* as a group.

## OPEN IN PRAYER

## STARTER QUESTIONS:

Where have you seen God at work in your life since we last met?

What stood out to you from the message this week?

## MAIN IDEA:

- REVIEW THE MAIN TOPIC OF THE MESSAGE. Allow time for discussion
- READ THE MAIN SCRIPTURE FROM THE MESSAGE OUTLINE.

How did this verse speak to you in your life?

- REVIEW THE SUB-TOPICS of the MESSAGE.

Have someone read each of the verses that were highlighted in the message, and briefly discuss.

Is there an area that you feel God is speaking to you through this message?

## FINAL THOUGHTS:

- SUMMARIZE the main idea of this message.

Would anyone like to share your thoughts about what we discussed today?

How can we pray for you as a group?

## CLOSE IN PRAYER

## SOUL CARE "Feelings"

What types of feelings are people dealing with?

- Feeling burned out
- Feeling angry
- Feeling fearful
- Feeling grief
- Feeling guilty
- Feeling like you're on a roller coaster
- Feeling depressed or discouraged
- Feeling inadequate
- Feeling like you're in over your head with your kids.
- Feeling numb

How do you manage unhealthy, unhelpful feelings?

1. Name it ("What am I feeling?")

*"My thoughts are restless and I'm confused."* Psalm 55:2 (NOG)

- God has emotions
- Your emotions are a gift from God

*"God created human beings in his own image."* Genesis 1:27 (NLT)

2. Claim it ("What emotion gives me the most trouble?")

David's emotions documented in Psalms:

- Psalm 3:1 Feeling fear
- Psalm 6:2 Feeling weak
- Psalm 6:3 Feeling abandoned
- Psalm 9:13 Feeling despair
- Psalm 31:9 Feeling grief
- Psalm 34:18 Feeling brokenhearted
- Psalm 35:1 Feeling vulnerable

### 3. Tame it (“What can I do to better manage my feelings?”)

- Ask “what am I allowing into my soul?”

*“For as (a man) hath thought in his soul, so is he.” Proverbs 23:7 (YLT)*

- Ask a friend to help
- Ask a counselor to help
- Ask the Holy Spirit to help

*“Let the Holy Spirit guide your lives... When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, envy, drunkenness, wild parties, and other sins like these... But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control... let us follow the Spirit’s leading in every part of our lives.” Galatians 5:16-25 (NLT)*

Local Christian Counseling  
Restorer of Broken Walls  
757-547-1811

National Suicide Prevention Lifeline  
1-800-273-8255

Books for Grief  
A Grief Observed, CS Lewis; Finding Meaning: The 6th Stage of Grief, David Kessler

Books for Trauma  
The Body Keeps the Score, Bessel Van Der Kolk

Books for Emotional Health  
Emotionally Healthy Spirituality, Peter Scazzero; Boundaries, Henry Cloud & John Townsend

Books for Anxiety + Depression  
Self Compassion: The Proven Power of Being Kind to Yourself, Kristen Neff; Feeling Good: The New Mood Therapy, David Burns; Upward Spiral: Using Neuroscience to Reverse the course of Depression, Alex Korb