DEPRESSION ANXIETY ANGER ENVY SHAME

Biblical Answers To Your Emotions





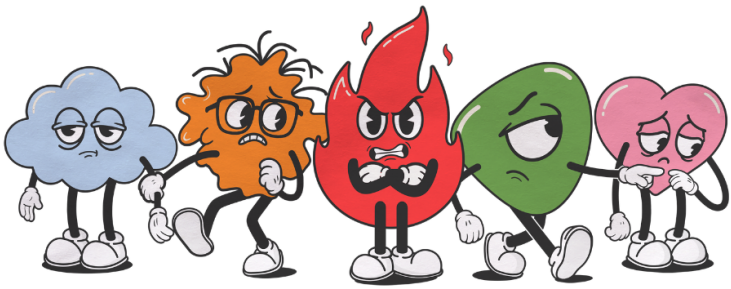
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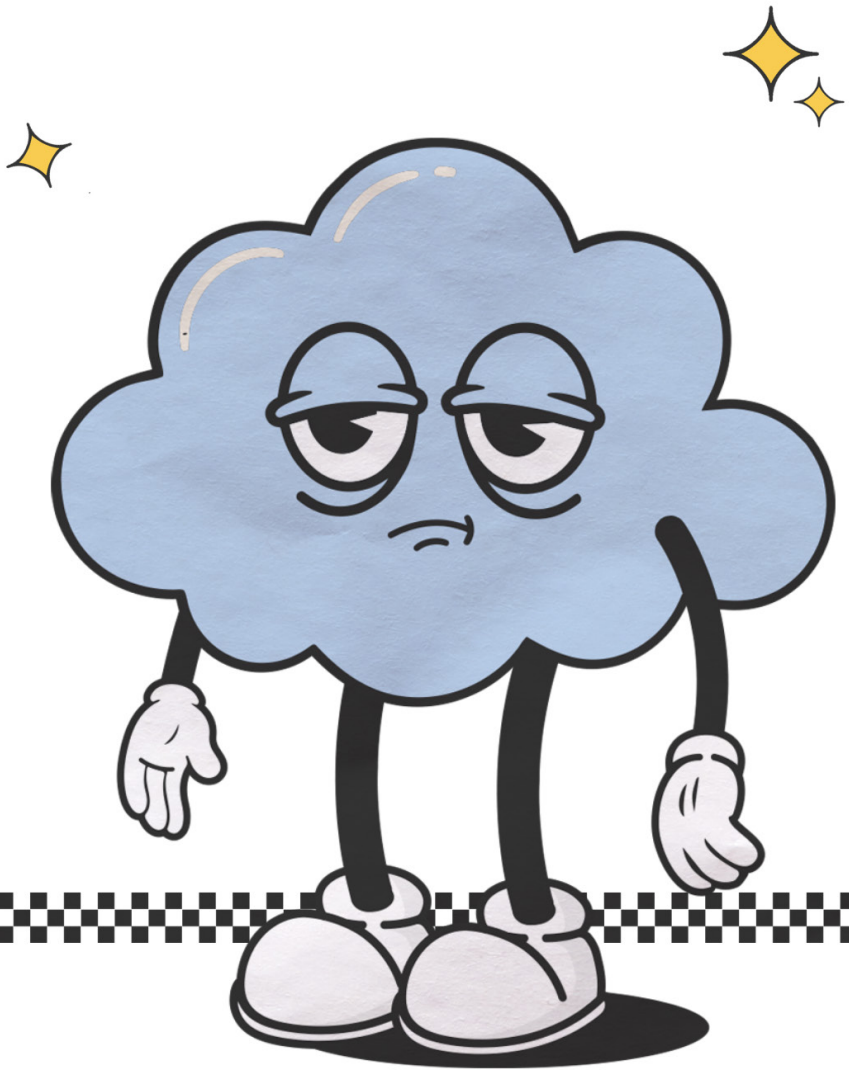
INTRODUCTION

We all experience difficult emotions, but what does the Bible say about those emotions? In this five-week series, we'll learn biblical truth to help us when we struggle with depression, anxiety, anger, envy and shame. Together, we'll learn how to recognize what's happening in our hearts, to trust God in our struggles, and find healing and hope in Him.

Each week of this study includes a message summary, discussion questions, key Scripture, and a short prayer—either for yourself or to share with someone you know that may need it. Make sure to also follow along with the series daily devotions and resources that are available on our website and app or by scanning the QR code on the left.



DEPRESSION



WEEKLY SUMMARY

When life is heavy and hope feels hard to find, where do we turn? This week, we walked through Jeremiah's words in the book of Lamentations and discovered how remembering God's goodness can help us find encouragement in difficult seasons.

> Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.
>
> Lamentations 3:22-23

DISCUSSION QUESTIONS

1. If you had to describe your emotional state right now based on a weather metaphor, what would you pick and why? (sunny, cloudy, chance of severe storms, etc.)

2. Talking about our emotions isn't always easy. As a group, what can we do to create a safe place where people feel comfortable being open and honest, and how can we encourage and support one another throughout this series?

3. Read Lamentations 3:22-24 together. What does *"His mercies are new every morning"* mean to you? How might that truth change the way you face a difficult day?

4. In verse 24 Jeremiah says *"The Lord is my portion …"* In your current season of life, do you feel like God is enough? Why or why not?

5. In the ESV version verse 22 says: *"The steadfast love of the Lord never ceases …"* How does it make you feel to know that God has a steadfast love for you?

6. Remembering God's goodness doesn't necessarily change our situation, but it can change how we walk through it. Can you think of an example of this in your life? Share with the group.

7. As a group, take some time to pray for each other. Pray about the emotions you're carrying and to let God's Word, not our emotions define what is true. Ask God to remind you of His goodness, faithfulness, and hope, even in difficult seasons.

NOTES

Dear God,
I pray for the strength to face today. I know that You are always with me, even in the darkest valley. Please bring healing to my heart and mind.
In Jesus's name, Amen.

ANXIETY



2

WEEKLY SUMMARY

Anxiety can make our problems feel bigger and God feel smaller. This week, we walked through Matthew 6:24-34 and were reminded that God cares for us, provides for us, and is worthy of our trust. Because of this, we don't need to worry about tomorrow.

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?"

Matthew 6:25-27

DISCUSSION QUESTIONS

1. If you had to describe your day today with an emoji, which one would it be?

2. What makes you anxious?

3. We often worry about the things we are the most devoted to. How have you found that to be true in your own life?

4. How can anxiety cause us to think too little of God?

5. Read Matthew 6:24-34 together. Now Read the second part of verse 26 again. *"… Are you not much more valuable than they?"* How can your worry make you forget how valuable you are to Him?

6. In verse 34 Jesus tells us not to worry about tomorrow because tomorrow will worry about itself. Why do you think we have such a tendency to live in the "what ifs" of tomorrow?

7. Anxiety is an opportunity to trust God, to lean on Him. What do you need to trust God with more this week?

NOTES



Dear God,
When I worry, remind me to seek You and to trust You even when I don't understand. Please bring peace and rest to my anxious heart.
In Jesus's name, Amen.

ANGER



3

WEEKLY SUMMARY

Anger can damage our relationships and our lives, but the Bible shows us there is a better way to handle it. This week we looked at Ephesians 4:24-32 and learned how to deal with our anger and put on our new nature in Christ.

> Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.
>
> Ephesians 4:31-32

DISCUSSION QUESTIONS

1. What irritates you more, picking the slowest lane to check-out at the grocery store, or the slowest lane in traffic? Or are they both equally as irritating?

2. What are some ways anger can affect our relationships, decisions, and everyday lives? What usually triggers anger for you?

3. Read Ephesians 4:24-32 together. In verse 26 Paul says *"In your anger do not sin": Do not let the sun go down while you are still angry …"* It's ok to be angry, just not to sin because of that anger. What is the difference between feeling anger and responding to anger in a sinful way? How can we recognize when our anger is crossing that line?

4. Read Mark 3:1-6 together. Jesus was angry, but He did not sin. What can we learn from the way Jesus handled His anger?

5. Holding on to anger and bitterness can do far more damage to your heart than to the person you're angry with. Is there anything you're holding onto that you need to let go of? If you're comfortable, share with your group, then take some time to pray for one another.

NOTES

Dear God,
When I feel angry, remind me to slow down and respond with grace. Help me let go of my anger and bitterness and instead choose kindness, forgiveness, and love.
In Jesus's name, Amen.

ENVY



4

WEEKLY SUMMARY

Envy is wanting what we don't have, and it can also make us overlook God's goodness in our lives. This week we walked through Numbers 11:1-10 and discovered what causes envy and how it makes us forget God's faithfulness, miss His goodness in the present, and doubt His plans for our future.

> The rabble with them began to crave other food, and again the Israelites started wailing and said, "If only we had meat to eat! We remember the fish we ate in Egypt at no cost—also the cucumbers, melons, leeks, onions and garlic. But now we have lost our appetite; we never see anything but this manna!"
>
> Numbers 11:4-6

DISCUSSION QUESTIONS

1. What is one talent or special skill that you wish you had that you don't? Something unusual that no one would guess.

2. In your own words, how would you define envy?

3. Read Proverbs 14:30. When have you noticed envy stealing your peace or contentment? What can we do to guard against that?

4. When you start to fall into the trap of comparing yourself with others, what is one habit you can to do shift your focus to gratitude instead of envy?

5. What is one specific thing in your life right now that you are thankful for that others might be envious of?

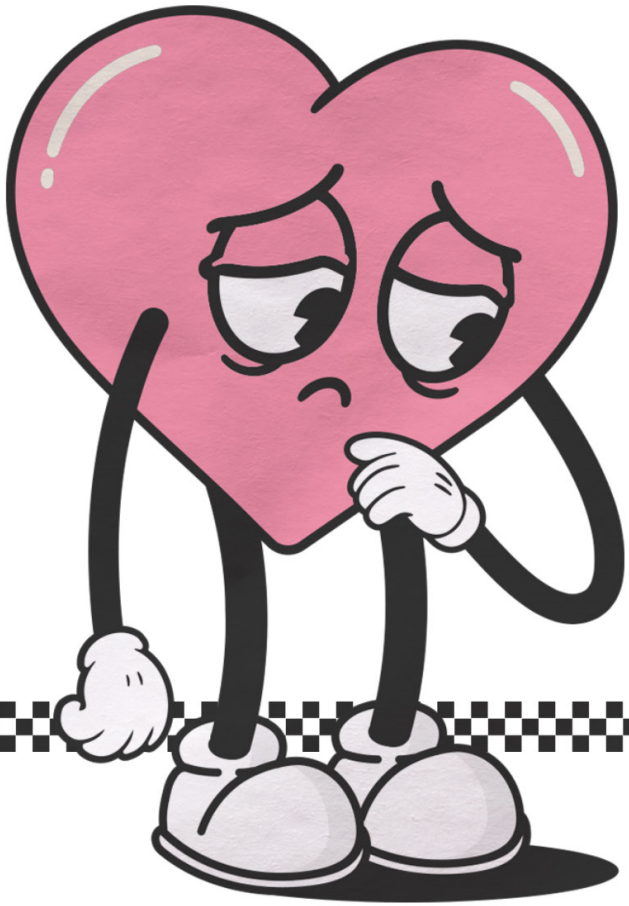
6. What is one specific area of your life where you need to focus more on what God has given you and not what you wish you had? Spend some time in prayer for each other as a group.

NOTES



Dear God,
Please guard my heart from envy and discontentment. When I compare myself to others, help me recognize and be grateful for who I am and all You have given me.
In Jesus's name, Amen.

SHAME



5

WEEKLY SUMMARY

Shame can leave us feeling flawed, unacceptable, and unworthy of love because of something we've done, something done to us, or something associated with us. This week we walked through the story of a woman who experienced shame in Luke 8 and discovered ways we can begin to overcome it and be restored to loving community.

> Then the woman, seeing that she could not go unnoticed, came trembling and fell at his feet. In the presence of all the people, she told why she had touched him and how she had been instantly healed. Then he said to her, "Daughter, your faith has healed you. Go in peace."
>
> Luke 8:47-48

DISCUSSION QUESTIONS

1. What is one silly thing you did as a child that now looking back makes you cringe a little? (For example, a bad haircut or an interesting fashion choice.)

2. In your own words, what do you think the difference is between guilt and shame?

3. Read Luke 8:40-48 together. The woman in this story had been suffering for 12 years and was likely isolated from everyone around her. What do you think she may have been feeling as she approached Jesus? Have you ever felt that way?

4. The women approached Jesus quietly and tried to go unnoticed. Why do you think shame makes us want to hide? How did Jesus respond to her?

5. Read verse 48 again. How do you think she felt when she heard the words, *"Daughter, your faith has healed you. Go in peace."?* Have you ever felt that way? Can you imagine Jesus saying those words to you?

6. Shame can come from something we have done, something done to us, or something associated with us. But the road to healing starts when we stop hiding. If you are struggling with shame in any of these areas, ask your group to pray with you to overcome it.

NOTES

Dear God,
When shame makes me want to hide, remind me that I am not defined by my past or my mistakes. Help me let go of shame, receive Your grace, and trust who You say I am.
In Jesus's name, Amen.

