

own your emotions



Overview:

Our basic emotions are neutral and be expressed for good or bad. God can use every part of our emotional life to help us grow more mature in relationship with him.

Lessons:

1. Learning to Own Your Emotions
2. Sinful Responses to Anger
3. Overcoming the Fear Mindset
4. It's Not a Sin to Be Sad



LEARNING TO OWN YOUR EMOTIONS

Find discipleship resources at pursueGOD.org/Own-Your-Emotions

TALKING POINTS

Emotional maturity leads to a better life: physically, relationally, and spiritually. But it starts with owning your emotions.

- Every human emotion is _____. Even God expressed what some call “_____” emotions. **Mark 3:5**
- Take _____ of your emotions. Make a habit of naming them _____ and _____ them appropriately. **Psalm 42:4-9**
- Let God into your _____ life. _____ about your emotions and reflect on them instead of _____ them. **Psalm 42:11**

DISCUSSION

1. What emotions would describe as “good” or “bad”, and why?
2. How would you define emotional maturity? What are some of the benefits of emotional maturity?
3. When it comes to emotions, do you tend to be too expressive or too closed off? What factors affect that?
4. Read Matthew 26:37-38. Describe Jesus’ emotions. What other emotions did Jesus experience in the Bible? Why does this matter?
5. Read Psalm 42:1-11. Make a list of everything the Psalm writer says about his emotions.
6. Look at Psalm 42:9. How comfortable are you talking to God about your emotions? Why is this a good habit to develop?
7. Look at Psalm 42:11. How often do you ask, “Why am I feeling this way?” How can reflecting on your emotions lead you to personal and spiritual growth?

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SINFUL RESPONSES TO ANGER

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TALKING POINTS

Anger is an emotion, and it's not always bad. Here's how you know if it's causing you to sin.

- People with _____ anger hesitate to admit or own their emotion. They falsely believe that anger is always a bad thing – so they _____ it. **Psalm 32:3**
- People with _____ anger tend to lose control and let the chips fall where they may. The exploder feels better after _____ while everyone around them feels worse. **Proverbs 29:11**
- The person with _____ anger is more covert, manipulative, calculated, and sophisticated in their expression of anger. This person doesn't want to be seen as _____, but in reality they're out to win and hurt people. **James 1:19-20**

DISCUSSION

1. *Read Ephesians 4:26-27. Have you previously thought that anger is a negative emotion. When would anger be helpful to a situation?*
2. *What tends to make you angry? Identify a time when stuffing your anger contributed to a negative outcome.*
3. *How do you respond to a stuffer? An exploder? A passive-aggressor? Share examples.*
4. *Of the three types of unhealthy anger which one best describes you, and why?*
5. *Read Psalm 32:2. What happened to the Psalmist when he stuffed his anger? Share when this happened to you.*
6. *Discuss Ephesians 4:31-32. How obedient have you been to this passage over the last year? Where do you need to improve?*

OVERCOMING THE FEAR MINDSET

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TALKING POINTS

Many Christians live with the fear mindset, letting fear dominate their lives. But Jesus calls us to a mindset of faith.

- Fight _____ by getting closer to God. The more you practice the _____ of _____, the less you notice the presence of fear. **Isaiah 41:10**
- God replaces fear with _____. The Bible calls this “_____,” and it goes deeper than a feeling of _____. **John 14:27**
- God’s _____ overcomes our fears. God’s desire is to _____ us, not to _____ us for our imperfections. **1 John 4:18**

DISCUSSION

1. *What are some ways that fear can be healthy in your life?*
2. *Read Proverbs 9:10. How would you define “the fear of the Lord”?*
3. *Read Isaiah 41:10. What is God’s promise to his people in this verse?*
4. *How can sensing God’s presence help you deal with fear?*
5. *Read John 14:27. What is “peace” according to the Bible? How is it greater than the security that the world offers?*
6. *What sort of fears do you deal with in your life? How can knowing God’s love for you help you with your fear (read 1 John 4:18)?*

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IT'S NOT A SIN TO BE SAD

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TALKING POINTS

In the midst of sadness during life's most difficult circumstances, God comforts the broken-hearted.

- In grief, it's easy to feel _____.
But God is close to us in our _____.

Psalm 34:18, Isaiah 53:3

- God gives us _____ to support us in our sadness. When you want to isolate yourself, force yourself to _____ with others. **1 Thessalonians 5:11**

- God uses sadness to help us and others _____. Until you've experienced _____, you'll have a _____ view of life. **2 Corinthians 4:17-18**

DISCUSSION

1. Share a time when you experienced sadness. Describe how it made you feel and how you dealt with it.
2. Many people think sadness is a negative emotion. Do you agree? Why or why not?
3. Read Ecclesiastes 3:1;4. Is the author describing emotions as positive or negative? Explain.
4. Read Matthew 5:4. What do you think Jesus means by God blessing those who are in mourning? Discuss. What is the deepest pain you have experienced? How has God comforted you in that time? Discuss.
5. Why do you think God allows us to experience grief and loss?
6. Read 2 Corinthians 1:4. What are some ways God can use you to help others heal from a broken heart?

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