

# DISCUSSION GUIDE

JANUARY 25/26 | THE STRUGGLE IS REAL

EMOTIONAL HEALTH | HEBREWS 2:14-3:1, PROVERBS 1

## FOR STARTERS

1. Looking back at your notes from this week's teaching, was there anything that particularly caught your attention, challenged you or raised questions?
2. Choose one:
  - a. Pull out your phone and see which emojis you use the most. What does that say about you?
  - b. Think back over the week and tell everyone about one moment of great delight and one of great frustration that you experienced.

## DIGGING IN

3. Read Proverbs 15. How many different emotions are mentioned in this chapter? What does it say about anger? Joy? Contentment?
4. Read Matthew 14:6-14. What does the fact that Jesus sought solitude tell us about His emotional state? How did His time of solitude affect His emotional state?
5. Read Hebrews 2:14-3:1. What does this tell us about the emotions Jesus felt?
6. Read Galatians 5:22-25. How does "walking by the spirit" change the way we handle our own emotions?

## BRINGING IT HOME

1. Look at the following list of emotions: fear, anger, sadness, disgust, shame, delight, love and surprise. Which of these are the most common for you? What triggers them?
2. How is God calling you to respond to His word when it comes to your emotional health? How can the group encourage you as you take the next step?
3. Close by reading Galatians 5:22-25 again. Pray and commit to walking with the Holy Spirit toward greater emotional health.