



SMALL GROUP DISCUSSION

Entering the Emotions of Others

Week of 6.30.2019

- What has been pouring into your experience bucket this week? What emotions did those experiences spark?

BIG IDEA – God gave us our emotions to enable us to enter the lives of others. Emotions are a way of connecting. Emotions are the difference between knowing about someone and knowing someone.

Romans 12:9-15 ESV

Let love be genuine. Abhor what is evil; hold fast to what is good. Love one another with brotherly affection. Outdo one another in showing honor. Do not be slothful in zeal, be fervent in spirit, serve the Lord. Rejoice in hope, be patient in tribulation, be constant in prayer. Contribute to the needs of the saints and seek to show hospitality. Bless those who persecute you; bless and do not curse them. Rejoice with those who rejoice, weep with those who weep.

- What emotions are noted in the passage from Romans? Which actions reflect caring?
- Read verse 15 again. How can we rejoice with those who rejoice and weep with those who weep?
- How do you typically respond when others are hurting – avoiding, quoting scripture, entering into their emotions (you are free to be honest)? How do you feel after that response?
- We enter into others people's emotions when we hear and understand what they are experiencing. We must listen carefully and compassionately to enter in to their

emotions. That requires "a holy curiosity." What is holy curiosity and what does it look like?

- A common pitfall to entering into the emotions of others is focusing on what it would be like for you to be in their situation and to respond with your perspective. Why is that a problem?
- By connecting with others you let them know that you've heard and understand what they've shared with you. You reflect back to them both the content and tone of what you've heard. Think about someone who has shared their emotions with you. How could you respond to show you have heard and understand what they shared with you?
- When connecting with others, a big mistake we often make is trying to fix the problem. The signal that we might be trying to fix the situation is when we hear the word "but." For example, we listen and say, "Yes, BUT God uses all things for our good." "Yes, BUT God is in control." What other platitudes might we use after the BUT signal?
- Caring is expressing your love and support for someone. When you offer sincere and genuine love to another person, it makes you incredibly vulnerable. Why is that? Some may think that being vulnerable is a bad thing. How would you encourage someone who avoids vulnerability?