



SMALL GROUP DISCUSSION

Nourishing Healthy Emotions

Week of 7.8.2019

- What practices and rituals start your day?

BIG IDEA – Healthy emotions happen through love-shaped practices.

Philippians 4:8

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

Proverbs 24:30-31 (ESV)

I passed by the field of a sluggard, by the vineyard of a man lacking sense, and behold, it was all overgrown with thorns; the ground was covered with nettles, and its stone wall was broken down.

- What condition was the Proverbs 24 vineyard in?
Why was it in this condition?
What comparison does the neglected vineyard have with our emotions?
- Think about the practices and rituals that start your day. Those rituals shape how you think and feel and love. Healthy emotions are a result of love-shaped habits developed through practice and repetition. With that thought in mind, what changes do you need to make to the start of your day?
Mornings can be hectic and hurried. Why is it so important to pray and read God's word first thing in the morning? Couldn't it wait until later, when your day settles down?

- During emotional situations often our default response is, "I feel, therefore, I must act right now!" What happens when we take that approach into dealing with our emotions?
How should we respond when we are feeling emotional pressure?
- Another unhealthy perspective is telling yourself, "I shouldn't be feeling this way!" Why is that an emotionally unhealthy response?
What is the wisdom in examining our emotions?
- Reading Scripture is a love-shaped ritual which will cultivate healthy emotions. Randy suggested that you might start by reading the Psalms. Why are the Psalms a good place to start?
What do the Psalms tell us about our emotions?
What scripture has helped you during emotional situations?
- Another way to cultivate healthy emotions is to spend time outdoors. Read Psalms 19:1.
The heavens declare the glory of God,
and the sky above proclaims his handiwork.

Why is it good to spend time outdoors?

What glory of God have you seen in his creation?

- To have healthy emotions we must learn to complain properly. First we must turn to God and bring your complaint to him. Boldly ask God for his help. Then choose to trust him.
Read Psalms 3. Identify each of the four steps of lament that the author uses in the Psalm.
What is your usual method of complaining? Does it lead to healthy emotions? Why or why not?