

PART 2: RESPONDING WISELY

When our minds leap past what we actually feel, those emotions don't simply go away. They get stored inside of us, and sooner or later, what's stored comes out in the way we react. Jesus taught that what comes out of us reveals what's in our hearts, and our emotions can point us toward what we really need.

CONNECT

What's a small, everyday annoyance that's almost guaranteed to put you in a bad mood?

LEARN

You will watch a shortened version of a message from this series to set up your group discussion. Watch the full message sometime this week as a reminder of what you talked about today.

APPLY

After sharing what stood out from the video, discuss the following questions as a group:

1. Read Luke 6:45:

   A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of.

   - Where have you seen the truth—in your life or in someone else's—that what comes out of us reveals what's stored inside us?
   - Why do you think we tend to focus on the situation or the other person instead of what's going on inside of us?

2. In the video, Joel said, "You have coffee all over you because that's what was inside the cup." Think about a time you reacted more strongly than the situation called for. What might have already been in your cup?

3. Joel explained that underneath feeling neglected, there's often hurt; underneath feeling betrayed, anger; feeling abandoned, fear; feeling judged, guilt; and feeling embarrassed, shame. Which of these emotions is hardest for you to admit you feel? Why?

4. In the video, Joel said, "God gave you these emotions to be indicators, most often indicators of something that's wrong." How does that change the way you think about negative

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emotions? What need might one of your emotions be pointing to right now?

5. Joel's counselor told him, "You get to take up space." Why do you think so many of us resist admitting that we have needs? Who could you go to for what you need?

BEFORE NEXT TIME

What gets neglected gets stored, but what's stored can be restored. In the full message, Joel shared four steps for moving near to our emotions instead of pushing them away: name it, experience it, assess it, and restore it. This week, find a feelings wheel online and keep it handy. When you notice a strong reaction, pause and name the real emotion underneath it, notice where you feel it in your body, and ask yourself, *What does this part of me need?*

PRAY

Pray together as a group and thank God for creating you with emotions and for caring about what's stored in your heart. Ask him to give you the courage to stop neglecting what you feel and the humility to admit what you need, and ask him to restore what's stored inside you.

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