

Practice Guides
Emotionally Healthy Relationships Pt. 3 (11/22/20)

We can't have emotionally healthy relationships with God or others if we do not accept that we have emotions. Just like Jesus, we have feelings that are meant to be known, understood, and surrendered to God. Our hope tonight is to begin to practice those things.

-Pray (Moment of Silence)

-Read Sermon Text: Matt 26:36-46

-Discussion:

1. What observations can you make about Jesus and his emotions from this text?
2. We all are prone to overindulge your emotions and/or suppress them. Which extreme do you lean towards, and what has influenced you that way?
3. Pastor Brandon mentioned that we must be able to:
 - a. Name emotions (Anger, Sadness, Joy, Peace, Contentment, Fear, Shame, etc.)
 - b. Increase awareness of how we experience them (Physical Pain, tightness, Rest, etc.)
 - c. Express and surrender them to God. (Take them to God and trust him)

Which of these three skills do you sense God prompting you to grow in and why?

4. Jesus perfectly holds in tension the need to express his emotions to God while also surrendering in obedience to God. What is it about Jesus's relationship with the Father that allows him to do this?
5. What about who God is and what he has done that motivates you to trust God with your emotions?

Practice: Have everyone take out their phone and make a note. Ask people to recall an emotion they felt this week. Write down what they experienced when they felt it. And then take a moment to express and surrender that emotion to God.

List of Emotions for prompts:

Anger Disappointed Fear Scared Regret Sad Shame	Anxious Disgust Frustrated Happy Joy Judgment Surprised	Belonging Embarrassment Gratitude Humiliation Lonely Vulnerability	Blame Empathy Grief Hurt Love Worried	Curious Excited Guilt Jealous Overwhelmed
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-Pray