

Discipleship Groups — Level 7

WEEK 2

Life Check: Emotions

Study Questions

1. Psalm 34:18 states that "The Lord is near to those who have a broken heart." When you are going through a season of deep pain or feeling "crushed in spirit," do you feel like God has moved away from you, or do you recognize that He is actually drawing closer to exchange your pain for His healing? How can you actively practice acknowledging His presence in those dark moments?
2. The teaching notes that God does not call us to hide behind a false image of spirituality and pretend everything is fine. In what areas of your life or church community do you feel pressure to wear a "mask" and pretend you are okay? What is one practical step you can take to bring your raw, honest feelings to God this week?
3. When intense emotions begin to rise, our default habit is often to run from them or let them completely take over. How can you implement these four steps—*acknowledge the feeling, identify the belief behind it, surrender it in prayer, and declare God's Word*—to handle the difficult moments? Which of these four steps is the hardest for you to practice, and why?
4. Understanding the key principle—"Emotions are signals, not the authorities to rule over us"—can you think of a recent situation where you allowed a "signal" (like anger, fear, or anxiety) to dictate your choices or words? How can you learn to rely on the Holy Spirit to help you maintain self-control and balance instead of reacting impulsively?
5. In Gethsemane, Jesus openly admitted His soul was overwhelmed with sorrow to the point of death, yet He prayed, "not my will, but yours be done." He didn't deny His human feelings, but He didn't let them derail His obedience to the Father. How can you follow His example when your emotions make doing the right thing feel incredibly difficult?