

March 7 & 8, 2020 | In My Feelings – Week 1
Group Discussion Questions

GROUP PREP

In preparation for group, [watch Emmanuel's weekend service's message](#), then answer the following discussion questions.

INTRODUCTION

We all have emotions, whether we want to admit it or not. We must learn to control them so that our feelings don't control us.

DISCUSSION QUESTIONS

1. Think about what areas of your life you let your emotions control you. When have you let your emotions control you, and how did the situation turn out?

2. We are all born with sin in our lives that has distorted our hearts.

Read [Mark 7:21-23](#). How does this verse resonate with you?

Read [2 Corinthians 5:17](#). How does the knowledge that when we begin a relationship with Christ, we become a new creation, change your outlook on your future?

3. During each week of this series, we will learn different strategies we can use to control our feelings. This week our strategy is to be skeptical of our feelings.

Read [Proverbs 28:26](#)

What does it mean to be skeptical of your emotions? Why do you think it is beneficial that we do this?

There are three questions you can ask to be skeptical of your feelings.

- a. Where is this feeling coming from? You will often find that emotions come from the broken places of your heart. God often wants you to go back to those broken places for healing before moving on.
-Share an experience where God has taken a broken piece of your heart and began to heal it.

Maybe you are in a place where you do not understand why you feel what you feel.

-What could be the root of your emotion?

- b. Is this feeling a "fruit of the spirit?"

Read [Galatians 5:22-23](#)

-Ask yourself this question, "Does my feeling of _____ match up with any of the fruit of the spirit?"

-How can the fruit of the Spirit help not just magnify the emotions but also help you control the emotion?

c. Does this emotion align with the truth?

-How do emotions play a part in becoming who God wants us to be?

-How can we find the truth and test it against our feelings?

ACTION STEP

4. What do you need to do this week to begin controlling your feelings so that your feelings don't control you?

OUTREACH: GROUPS IN ACTION

To determine how your group can serve together in our community, email Breanne Schafer at bschafer@eclife.org.

FILL IN THE BLANKS BELOW FOR THIS UPCOMING WEEK'S ACTION STEPS.

My action step is

_____.

This coming week, I will encourage _____ to complete their action step.

Their action step is

_____.

My memory verse is

_____.

This coming week, I will pray for the group's following prayer requests:

