



# COMMUNITY GUIDE

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## WEEKLY APPLICATION

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**TAKEAWAY:** It is not possible to be spiritually mature while remaining emotionally immature.

**HEAD CHANGE:** Emotional health begins with brutal honesty and vulnerability before God.

**HEART CHANGE:** All your emotions are places to meet with God.

**LIFE CHANGE:** Give God your feelings. Give God your desires. Give God your trust. Do it in community.

## OVERVIEW

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The journey of genuine transformation to emotionally healthy spirituality begins with a commitment to allow yourself to feel. Feelings are an essential part of our humanity and unique personhood as men and women created in God's image. Scripture reveals Jesus as an emotional being who feels as a person. Having been created in his image, we also are created with the gift to feel and experience emotions. Some of us may have learned that feelings are not to be trusted; that they are dangerous and can lead us away from God's will for our lives. While it is true that we are not to be led by our emotions, they do serve a critical function in our emotional health and ultimately in our relationship with God.

## DISCUSSION QUESTIONS

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1. What are some important things that stuck out for you from the teaching?
2. How has your understanding of "grief" changed or been affirmed because of this teaching? What is something that you haven't grieved and how does that impact your other emotions?
3. How are learning to better care for your soul?
4. Is it easy for you to recognize the voice of the enemy in your life? Why or why not?

## CLOSE IN PRAYER

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Heavenly Father, help me to be still before you. Lead me to a greater vision of who you are, and in doing so, may I see myself – the good, the bad, and the ugly. Help me to identify my feelings and name them for what they are and give me the courage to be honest before you and my trusted friends & family. In Jesus' name, amen.

**IN THIS TOGETHER!**