



Relationship Resolutions: Healthy Emotions

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September 18, 2016

Life Group Discussion Questions:

1. Thinking back on this week's sermon, was there a particular point or passage that challenged you, confused you, or caught your attention?
2. In the introduction to this week's sermon, Derek reminds us that every person we meet is fighting a battle that we cannot see. How can knowledge of this truth help us to be more patient and kind to the people we interact with each day?
3. **Read Proverbs 16:32.** From the sermon: "*Most of our anger finds its roots in our desire to somehow control the people and the environment around us. In other words, we want things to go the way we want them to go. And if they don't go my way – I lose it.*" What strategies have you developed over time to identify and manage your anger?
4. **Read Psalm 22:6-7.** Manifestations of insecurity are; isolation, bragging, questioning, doubting, wondering, fear. Consider which of these you are most prone to resort to in times of trial. Consider sharing your thoughts with your group.
5. **Read Psalm 38:4** How might guilt hinder our spiritual growth? How can we begin to resolve issues of guilt?
6. **Read Psalm 38:6-8** How can sadness prevent us from developing spiritually? What resources are available to us to deal with sadness or even depression?
7. What is the positive alternative to each of the following unhealthy reactions to our emotions?
 - a. Stuff your emotions
 - b. Fill the void with distractions
 - c. Isolate yourself
 - d. Time heals all wounds

Next Step: Identify a runaway emotion in your life that needs to get healthy – if you don't know what it is – ask your spouse or a close friend and they will tell you. They know.

Prayer Thought: Spend some time in quiet confession before closing in prayer. *Lord, thank you for this week's teaching about emotions. Help us to identify our emotions, immerse ourselves in the truth, stay connected to you and allow the Holy Spirit to heal us. Father, help us to grow in our emotional lives so that we are able to grow closer to you. You alone provide us with the strength, understanding and truth that we need to become the people that you created us to be. We love you Lord.*