

YOU'VE HEARD IT SAID



LifeGroups



Key things you heard

- How do we handle our emotions?
 - We admit we have them.
 - We name them.
 - We invite God into them.
- Feelings can increase our faith when we invite God into them.
- The simple act of naming your emotions produces therapeutic effects in the brain.
- Seeking help doesn't make you weak; it makes you wise.
- Consider a multi-pronged approach to dealing with anxiety.

Key Scriptures

Romans 5:3-5, Philippians 4:4-9, 1 Kings 19

Pray: *God, thank You for being constant, for being with us, and for promising never to leave us—no matter what we face. We trust You. Show us how to invite You and others into our emotions, and give us more of Your peace. In Jesus' name, amen.*



Tweetable Moments



Talk about your feelings with God and others. And talk to your feelings about the truth.



Naming your emotions—not ignoring them—helps your brain calm down.



Say What? Questions for conversation

Icebreaker: What's something you treat yourself with when you're having a bad day?

- What's stood out to you from this episode?
- How would you describe your relationship with feelings and emotions?
- Think about an emotion you've had recently. How would you describe how that felt?
- Read **Philippians 4:6-7**. How does this verse impact your view of God and taking your emotions to Him?
- When negative feelings come up, what's your typical reaction? How might you start processing them in healthier ways instead?
- Are there any feelings you've been ignoring? How can you more regularly invite God and others into your emotions?



Now Go Do It Resources and next steps

Challenge: Spend time this week admitting, naming, and inviting God into your feelings. Notice how this helps you process your emotions in a healthy way.

- If you're not yet in a LifeGroup, find or start one here: www.life.church/lifegroups
- Start the *Wisdom for Mental Health* Bible Plan: www.go2.lc/mentalhealthplan
- Watch Pastor Craig's *Peace of Mind* message series: www.life.church/peaceofmind
- Find more resources for your mental health: www.life.church/mentalhealth