



## Emotional Health?

May 22, 2022

CG Discussion Guide

### CATCHING UP ON LIFE

This is when we update each other on the things that Jesus has been up to in our lives since we last saw each other. As A church family, we care about each other's lives: what we're celebrating, what we're mourning, what decisions we are praying through, and everything in between. (1 Thessalonians 2:8, Romans 12:10 and 15)  
*Suggested time: 10 minutes*

- What can you thank God for this week?
- When were you most aware of Jesus' presence this week?
- When were you least aware of Jesus' presence this week?

### REVIEW THE MISSION

Just like God the Father sent Jesus on a mission of reconciliation for us, Jesus sends us out as ambassadors of His reconciliation. We are called to make disciples wherever we go because Jesus changes everything. (John 20:21 and 2 Corinthians 5:18-20) · *Suggested time: 10-15 minutes*

- People:
  - Who in your life (family, coworkers, etc.) can we join you in praying for? Who has God put around you that is showing spiritual interest? Who is hurting and could use some love from our group?
  - Who are the people we are intentionally living on mission with (neighbors, Serve CLT partner organizations, or a specific demographic in Charlotte)? What are our upcoming plans to love, serve, and build relationships with this group?
- Plan:
  - Are there any hangouts already planned, or an extra hangout we could plan to create a way for these friends to connect with our group?
- Pray:
  - Prayer is the fuel of God's mission. Let's pray for our people by name; pray for their needs, and opportunities to have spiritual conversations that help them take next steps toward Jesus.

## SCRIPTURE AND SERMON DISCUSSION

God uses His Word to reveal Himself to us, equip us to live the good life He's designed for us, show us our sin, and strengthen us as we follow Him. We preach the Word on Sundays and apply it as a Community Group throughout the week. (2 Timothy 3:16-17, Colossians 1:9-12 and James 1:22-25) · *Suggested Time: 30-40 minutes*

### Read Matthew 26:36-38 and Romans 12:1-2 and Recap the Sermon.

1. What stood out to you from the Scriptures or the sermon? What comforted you? What convicted you?
2. How do you tend to approach your emotions - do you tend to suppress them or obey them? How have you seen this lead to pain or breakdown in the past?

### Read Matthew 26:36-38

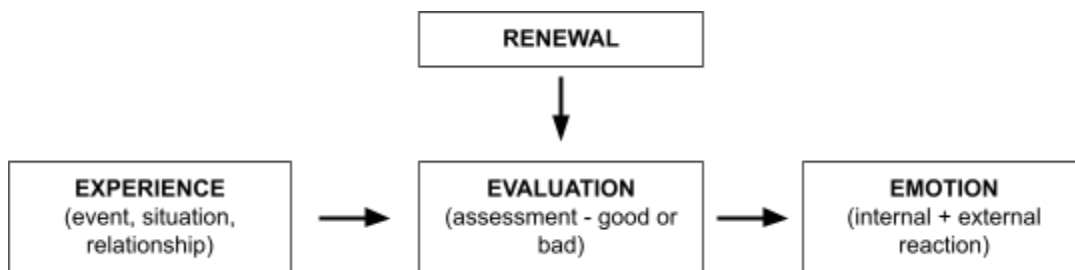
3. How does it hit you that Jesus was an emotional being? Why does it matter for your walk with Christ to know that He had emotions like you and I do?

*In the sermon, we defined emotional maturity as - "having the right emotion, at the right time, with the right amount, for the right duration, because of the right reason - namely, love of God and love of others.*

4. How do you see a need to grow in emotional maturity in your own life? Is there an extra step you can take this summer to start down that path (Redemption, Prayer Mornings, Book Clubs, Pastoral Care)?

### Read Romans 12:1-2.

*In the sermon, we said that rather than change our experience or our emotion, God is after changing us and leading us into deeper renewal in the Spirit.*



5. Take some extra time this week to offer up the prayer from Sunday as a group - "**God, I give you my emotional life.**" Ask the Lord to grow the group in love for Him and love for others that leads to deeper renewal and emotional maturity.

## ENGAGE THE HEART

Jesus calls us to walk in the light, confessing our sins to God and each other. God's Spirit works through confession and community to lead us to repentance. (Romans 3:23-24, James 5:16 and 1 John 1:5-10) *Suggested Time: 30-45 minutes.*