



SERMON SERIES
EMOTIONALLY HEALTHY SPIRITUALITY

STUDY GUIDE | JULY 19 2020

ACCEPT THE GIFT OF YOUR EMOTIONS

THE POINTS FROM THIS WEEK'S MESSAGE WERE:

Three emotionally unhealthy postures:

- Emotions are a central part of our distinct makeup
- Emotions are part of who God is
- Emotions cannot be denied without paying a price

LET'S TALK

1. What impacted you the most from this week's message?
2. We are all physical, intellectual, social, spiritual and emotional beings. Which one of these aspects do you think we focus on the most? Which one of these do you think we focus on the least?
3. Daniel Goleman describes eight groups of emotions.
■ Anger ■ Sadness ■ Fear ■ Enjoyment ■ Love ■ Surprise ■ Disgust ■ Shame

Which one of these do you have the most difficulty dealing with?

4. Many people believe that God is somehow beyond emotions. Yet the Bible portrays God as an emotional being. How do you react to the idea that God experiences emotions?
5. Peter Scazzero says, "When we deny our pain, losses, and feelings year after year, we become less and less human. We transform slowly into empty shells with smiley faces painted on them."

Do you agree with this statement? If so, can you think of examples where you've seen this happen?

6. Dave suggests three ways to move towards accepting the gift of our emotions:
■ Give yourself space and permission to feel
■ Don't go through life alone
■ Pray

Which of these suggestions will you work on this week? How will you go about doing it?

LET'S PRAY

Spend some time in prayer (for each other, for our community and for the world).

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