

Look Back:

- What verse did you focus on this week to combat a lie in your life?

Connect:

- In general, where would you rank yourself on an “emotions” scale of 1 to 10? In what ways has this changed over time?

Look Up:

Read : Psalms 38:8-15 and Matthew 11:25-30

- What emotions is David walking through in this Psalm? Do you find it easy or challenging to relate personally and why?
- What is David modeling for us? How can that be beneficial?
- In what ways can our emotions become a burden, a weight to carry?
- What does Jesus offer as the solution? But what does it actually mean and look like for us to live in that?

Read : Romans 7:22-25 and Galatians 5:16-23

- What do these verses teach us about the relationship between our mind and emotions? Why is this important to understanding what we feel?
- How does Gal 5 support and reinforce Jesus’ words in Matthew 11?
- How does “living by the Spirit” impact our emotional health? When you do, what will be reflected in your life?

Overall (Discovery Bible Study)

- What do these scriptures say about God?
- What do they say about people?
- How will I apply this to my life?

Look Ahead:

- What is one area / recurring event that typically elevates your emotions? Take some time for reflection to better truly ask yourself why. What is behind it? What are you holding on to? Take time to understand, process, and invite Jesus to carry the burden.

Prayer Points

- Praying for your ONE, ONE person in your life who doesn't know Jesus
- Pray for our all Campuses as they each have GroupConnect events
- Pray for the movement that is Salty Church and its leadership

Leader Notes

Emotions are such a powerful indicator of what's deeper. They are neither good nor bad, they just highlight something going on inside. Through David's writings, we see a man who consistently wrestled with emotions, the highs and lows that go along with them. As we study, David sets the stage for what high emotions look like, Jesus provides the solution, and Paul (in Galatians) shows what will be reflected in our life. As Jesus carries the weight, the Spirit empowers us to be set free.

There may be some in your group with high emotions as well as those who may be more on the low side. There is no right or wrong, however it's how we handle and navigate them.

“Emotions are like kids, we can't stick them in the trunk but we also wouldn't give them the keys to drive either”

Leadership tip

This weekend across all campuses is a big Groups connection weekend. Please join us and pray for people to take a step and join a group, as well as God raising up enough leaders to lead them.