



Discussion
Gu'ide

"The Emotion Filter"

05/20/18

With #NoFilter, Our Emotions Can Drive Our Decisions

The Repeats (required)

Yes, they are the same, but *WE* change, so please discuss these with your group

- [Share the announcements (on FB thread) with your group]
- God is ALWAYS working! Sometimes we just need to keep our “antennae up”, to be looking for it. Go around your group and share your God Moments of how you have seen God working, either in your life or in the life of another, over the past few weeks.
- Is there anything that you want to share that has stood out to you so far from the current Point series?

The Review (optional)

Use this section only if you want to review for those who were not in the Point

- Have someone explain the Point in their own words.*
- What object lesson or illustration was used to communicate the Point this week? How did this apply to the Point?*
- Have someone read or summarize the main Bible passage/story from the Point (see “The References” section).
- How did this Bible passage teach the Point?*

**someone who was in the Point may need to explain this*

The Reenergizer (optional)

Use this question if you need to get your group talking

- Would you want to lose the ability to feel emotions—this includes not feeling pain or hurt AND not feeling joy or pleasure? Why or why not?

The Reflection (required)

Discuss these to go deeper, *and more personal*, into applying the Point

****Before we get further into the discussion, as a Pr'me we're going to work on memorizing Psalm 119:9-11 this week. [read verse]****

- Do you think there are any emotions that are always wrong or always right? Why or why not? What makes them that way?
- **Read Proverbs 14:30.** This verse tells us the danger of out-of-control emotions. Without naming people, share a time when you've seen the dangers of runaway emotions. Was the "root emotion" wrong in itself?
- God created us AND our emotions, however, like everything about us, we need to keep our emotions in obedience to Him. Look at the 5 common emotions below, then discuss each passage which tells us *how* to keep that emotion under control. As you discuss, share some everyday ways that we can do these things to keep each emotion under control:
 - *Anger—Reset:* James 1:19-20
 - *Guilt—Remember:* Hebrews 10:11-18
 - *Anxiety—Release:* Philippians 4:6-7
 - *Jealousy—Request:* James 4:1-3
 - *Self-Pity—Refocus:* 2 Corinthians 4:16-18
- Are you dealing with an out-of-control emotion right now? Be vulnerable with your group and share your struggle, *and* what step you would like to take to get it under control. Pray for each other.

The References

Main Passage: **Proverbs 14:30 (MSG)**

A sound mind makes for a robust body, but runaway emotions corrode the bones.

James 1:19-20 (NIV)

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.

Hebrews 10:11-18 (NLT) *selected verses, read full passage in Bible

...And when sins have been forgiven, there is no need to offer any more sacrifices.

Philippians 4:6-7 (NLT) *selected verses, read full passage in Bible

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand...

James 4:1-3 (NLT) *selected verses, read full passage in Bible

...You are jealous of what others have, but you can't get it, so you fight and wage war to take it away from them. Yet you don't have what you want because you don't ask God for it. And even when you ask, you don't get it because your motives are all wrong—you want only what will give you pleasure.

2 Corinthians 4:16-18 (NLT)

That is why we never give up. Though our bodies are dying, our spirits are being renewed every day. For our present troubles are small and won't last very long. Yet they produce for us a glory that vastly outweighs them and will last forever! So we don't look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see will last forever.