

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 actually 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.

Pray: *God, thank You for being constant, for being with me, and for promising never to leave me—no matter what I face. I trust You. Show me how to invite You and others into my emotions, and give me 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 one thing you learned from this conversation?
- When negative feelings come up, what's your typical reaction? How might you start processing them in healthier ways instead?
- Share about a time when you felt anxious or overwhelmed. What are some ways we can bring that anxiety to God?
- Read **Romans 5:3-5**. What does this tell us about experiencing trials?
- 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: Have a conversation about what you heard with someone you care about, whether it's a friend, your LifeGroup, a family member, etc. Use a communication method that works best for your situation.

- If you're not yet in a LifeGroup, find or start one here: www.life.church/lifegroups
- Find the brain science study we talked about here: www.go2.lc/namingfeelings
- Start the *You've Heard It Said* Season 2 Bible Plan: www.go2.lc/betternormal
- Watch Pastor Craig's *Emotions* series: www.life.church/emotions