





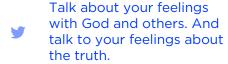
lacksquare Key things you heard

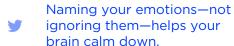
- How do we handle our emotions?
 - We admit we have them.
 - We name them.
 - We invite God into them.
- Feelings can actually increase our faith when we invite God into them.
- The simple act of naming your emotions produces therapeutic effects in the brain.
- Seeking help doesn't make you weak; it 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







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?



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