

Module Four Group Process

The Truth about Emotions

Opening Prayer

Introduction

Psalm 139 teaches us that we are fearfully and wonderfully made. God designed every bit of us, including our emotions. Yet although the Lord gave us human feelings, if we act on our emotions, this can lead to chaos in our lives. The good news is we can use our emotions to draw nearer to God and to experience more of his peace.

Activity #1 (Materials needed: one balloon)

Hold the balloon up and explain to the group that this is your mind and your body. Ask the group to start calling out things that they think make them sad, afraid, or worried. With each comment, blow up the balloon until it's just about ready to burst. Then ask the group what would happen if you kept adding more worried, sad, or fearful thoughts?

Now let go of some of the air. Ask, "Would you have more capacity to deal effectively with your life if you let things go? How different would your day go if you emptied out your heart to the Lord first thing in the morning?" Say, "We have this opportunity to let go of stress as we surrender our cares, worries, fears, doubts, and unbelief to the Lord."

Activity #2 (Materials needed: small pieces of paper, pen, and two mason jars, one labeled Let Go and the other Let God; scriptures written on small pieces of paper and placed in the Let God jar)

Use the following Scriptures to place in the mason jar marked "Let God":

- Grace and peace to you from God our Father and from the Lord Jesus Christ. (Romans 1:7)
- But glory, honor and peace for everyone does good. (Romans 2:10)
- May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. (Romans 15:13)
- The God of peace be with you all. Amen. (Romans 15:33)
- The God of peace will soon crush Satan under your feet. The grace of our Lord Jesus be with you. (Romans 16:20)
- Grace and peace to you from God our Father and the Lord Jesus Christ. (2 Corinthians 1:2)
- Make every effort to keep the unity of the Spirit through the bond of peace. (Ephesians 4:3)
- But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness. (Galatians 5:22, ESV)
- Grace and peace to you from God our Father and the Lord Jesus Christ. (Ephesians 1:2)
- Peace to the brothers and sisters, and love with faith from God the Father and the Lord Jesus Christ. (Ephesians 6:23)
- Grace and peace to you from God our Father and the Lord Jesus Christ. (Philippians 1:2)
- Grace and peace to you from God our Father. (Colossians 1:2)
- God the Father and the Lord Jesus Christ: Grace and peace to you. (1 Thessalonians 1:1)
- Grace and peace to you from God the Father and the Lord Jesus Christ. (2 Thessalonians 1:2)
- Grace and peace from God the Father and Christ Jesus our Savior. (Titus 1:4)
- Grace and peace be yours in abundance through the knowledge of God and of Jesus our Lord. (2 Peter 1:2)
- Grace, mercy and peace from God the Father and from Jesus Christ, the Father's Son, will be with us in truth and love. (2 John 1:3)
- Mercy, peace, and love be yours in abundance. (Jude 1:2)
- Grace and peace to you from him who is, and who was, and who is to come, and from the seven spirits before his throne. (Revelation 1:4)

Pass out the pieces of paper and pens. Ask all members to write down anything that is disturbing their peace. Collect these papers and put them in the mason jar labeled "Let Go." Explain that this is one way to let go of the negative thoughts.

Once the group has let go of their worries, explain to them that now they can be filled with God's promises and replace their worries with his Word. Say, "God's Word soothes, comforts, and brings peace." As a group, have each individual pick a piece of paper out of the Let God mason jar and one by one read the piece of paper out loud. As each member of the group takes turns reading their pieces of paper, have the other members who are listening take deep breaths and receive each one as if the Lord is speaking directly to them.

God's peace is always there. The question is, are you turned toward the problem and creating more stress or are you facing your Savior? Are you focused on his promises and open for his peace to arise within you?

Questions for Reflection

- What came to mind for you as you witnessed the balloon activity?
- What insights did you gain from this lesson?
- What blocks your peace?
- Did you notice any patterns in the Scriptures? How did you feel after hearing and reading what God's Word tells us about peace?
- What is one action you can take this week to experience more of God's peace?

Homework

1. Write a letter to God each morning or when you can, pouring out your heart and asking for his guidance, wisdom, and peace.

Closing Prayer