

Feeling Our Emotions

As preached on Sunday, July 14th

Read: Psalm 139:1-24

1. As you grew up, what were you taught about the appropriate expression of emotions? Was your family one that openly expressed emotions or kept emotions relatively private?
2. How would you summarize what our culture tells us about feeling and expressing emotion?
3. What do you think, has the Church encouraged healthy expression of emotion or hindered it?
4. In Psalm 139:1 we are told that our God has searched us and knows us. Does that include our emotions? If so, what is the significance of that?
5. Verse 16 tells us that all the days God ordained for us were written in his book before one of them came to be. How does that truth relate to feeling our emotions?
6. Give Welcoming Prayer a try this week. How does it feel to bring your whole self into the presence of the God who loves you?
7. If you haven't already, get out to see Inside Out 2 this week and reflect on how bringing our whole selves into God's presence helps us to live out our faith more authentically.