

Session 8: Handling Emotions Well

1 Peter 5:7,8 'Cast all your anxiety on him because he cares for you. Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.'

Objective: To understand our emotional nature and how it is related to what we believe. To be able to handle them well.

Focus Truth: Our emotions are a product of our thoughts.

Review last session:

1. Since we last met, how has God shown you ways that you tend to think that are not in line with God's Truth?
2. How did you get on learning the Resurrection story? Who did you tell it to? What did they think? Is there anything of more significance to you than it has been before? If this story is true, how does it affect your ongoing relationship with Jesus?

New Material:

1. Read 1 Peter 5:7-8, the objective and focus truth together.
2. Share about a time of either great pain or great joy. Describe your emotions. What was the hardest (or best) part for you?

Jesus Calms the Storm

Based on NLT

Introduction

Jesus taught on the side of the lake all day. When the crowds became too much, he sat in a boat and pulled it a little away from the shore so he could speak and everyone could hear him.

Mark 4:35-37

As evening came, Jesus said to his disciples, "Let's cross to the other side of the lake." So they took Jesus in the boat and started out, leaving the crowds behind (although other boats followed). But soon a fierce storm came up. High waves were breaking into the boat, and it began to fill with water.

Mark 4:38-39

Jesus was sleeping at the back of the boat with his head on a cushion. The disciples woke him up, shouting, "Teacher, don't you care that we're going to drown?"

When Jesus woke up, he rebuked the wind and said to the waves, "Silence! Be still!" Suddenly the wind stopped, and there was a great calm. Then he asked them, "Why are you afraid? Do you still have no faith?"

Mark 4:40

The disciples were absolutely terrified. "Who is this man?" they asked each other. "Even the

wind and waves obey him!”

Now retell this story in your own words...*Use one of the ideas for ‘internalising the passage’*

Questions for Discussion: (Just ask the questions that didn’t get covered when you ‘retold’ the story. Feel free to omit any questions that don’t seem relevant to your situation or that feel redundant.)

1. *What did you like about this story?*
2. *What bothered you about this story?*
3. *What does this story show you about Jesus?*
 - *What did Jesus say was their final destination? Did they make it there?*
 - *If Jesus has power to calm a physical storm, do you think he has power over emotional storms? Does he have power to heal hurts from the past? Do you believe he does?*
4. *What does this story show you about people?*

What happens when you don’t handle your emotions well? (Read Ephesians 4:26-27, 1 Peter 5:7-9)

There are three main ways people tend to handle emotion. What do you think they are, and how are they good or bad?(

 - A. *Covering it up, which is unhealthy and dishonest. It’s like a physical wound...if you don’t treat it, it will get infected.*
 - B. *Exploding, which is not good for the people around us. (See James 1:19-20)*
 - C. *Being honest (Read Psalm 109:6-15. Have you ever felt like David or prayed like this? How do you think being honest helped David? How did he end his lament?) It’s good to be honest both to God and to others. Is it better to hide how you’re feeling from non-believers, or better to be honest with them?*
5. *How do the truths in this story apply to your life?*
 - *What do you think of this statement? “You don’t feel your way into good behaviour. You behave your way into good feelings. We start by choosing to believe the Truth.”*

Optional: Draw a picture of a pain in your life that results in negative emotions. After drawing, pray together over that emotion and give it to God. Crumple up the paper in a faith gesture to God that you are making a decision to believe that God is in control of that situation.

To Take Away

1. Learn the Jesus Calms the Storm story and practice it with at least one other person. Tell this story to yourself or read it every day and meditate on its truths. Consider your emotional reaction to difficult situations. Explore with God why you tend to have these

reactions, and what they say about what you believe. Talk to God about any beliefs that need to change in your life.

2. Read Psalms 109 and 13 and notice how David was honest with God about his feelings. Talk to God about yours. Try writing your own lament and telling it to God. Remember that all laments end on a note of hope!
3. Read these stories about Peter and consider his emotional nature. (Matthew 16:21-23, Matthew 17:1-5, John 18:1-11) Now read how Jesus responded (John 21:1-19) and finally, how God used Peter (Acts 2:14-41). Consider what God can do in your own life.