

ALL-DAY. EVERY DAY. WEEK 2 – DISCUSSION QUESTIONS

Suggested starter question: Would you rather have a rewind button, a pause button, or a fast forward button for your life? Why?

Summary of this week's talk:

Many of us learned from an early age to hide what we were feeling from other people. We got the message that showing our emotions made us look weak. In time, we became so skilled at hiding what we feel, we even learned to hide our emotions from ourselves. But hiding isn't a sign of courage or strength. If we want to grow, we have to start being honest—with ourselves and others—about what's going on inside.

Questions:

1. What are two or three emotions you tend to feel pretty regularly?
2. When you look at your life story and some of the things that have shaped you, what are some of the biggest factors that have made you who you are? Were you encouraged to express or suppress your emotions and how has that influence the way you deal with your feelings as an adult?
3. Before launching his public ministry, Jesus faced three big temptations:
 - I AM WHAT I DO (PERFORMANCE)
 - I AM WHAT I HAVE (POSSESSIONS)
 - I AM WHAT OTHERS THINK (POPULARITY)

What is the danger of having too much identity in these things (performance, possessions, and popularity)? How does being emotionally healthy (the ability to be self-aware and love well) help prepare us to battle the same temptations Jesus was confronted with?

4. What is most challenging for you... identifying your emotions or articulating them? In other words, is it easier for you to RECOGNIZE that you're proud of your child or TELL them you're proud of them? OR... Is it easier to RECOGNIZE your hurt by someone or ARTICULATE that you're hurt? Regardless of which you find more challenging, why do you think that is?
5. Being curious about what is going on inside of you is essential to emotional health. What kinds of questions can you ask yourself to help you understand your emotions better and begin to process what you're feeling?

CLOSING PRAYER: Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you and lead me along the path of everlasting life. - Psalm 139:23-24