

# Discussion Questions

## Edina 5th-12th Grade



January 13, 2021

### Bottom Line

Don't let emotions steer your life. Let Jesus steer you back to safety.

### Scripture

Hebrews 4:13-16 (NIV)

### Icebreaker

What song do you listen to when you need to get pumped up? When you want to dance? When you're sad?

### Discussion

- Which of your emotions tend to blend together? Why?
- What situations tend to make you feel overwhelmed by your emotions? Why?
- How do you typically respond when you feel overwhelmed by your emotions? What is the result?
- How does it make you feel to know that Jesus sees and understands our emotions?
- What will you do this week when you hear your emotions "beeping" at you?
- How will you bring your emotions to Jesus this week?

### Activity

Go around the circle and have each group member make an exaggerated facial expression that illustrates how they're feeling right now. Have group members guess what emotion that facial expression represents, and brainstorm together how that person can bring that emotion to Jesus this week.