

Discussion Questions

10th-12th Grade



[January 13, 2021]

Bottom Line

Because of Jesus, our emotions don't have to control us.

Scripture

Mark 7:5-8, 15

Discussion

1. What is something that most people believe about emotions and how they should be expressed by:
 - a. Guys
 - b. Girls
 - c. Older people
 - d. Younger people
2. Have you ever seen an adult or someone older than you controlled by their emotions? On TV? At school? Online? At home?
3. Do you usually share the emotions you are feeling, or do you hide them from other people?
4. Read Matthew 11:28 (Note: Try reading it first in the NIV version, then reread it in the Message version). Do you feel that what Jesus is saying is even possible?
5. How do you take your emotions to Jesus? What does that look like practically?
6. How would your life look different if you were confident that the emotions, moods, and vibes you feel no longer controlled how you treated yourself and others around you?
7. What are some words that you can use to tell someone how you feel? What are some words that you can use to tell God how you feel?