

Discussion Questions

Student Ministries | 7-9



January 13 – January 19, 2021

Bottom Line

Emotions don't have to be the boss of you.

Scripture

Mark 7:20-23 (NLT)

Matthew 11:28 (NLT)

Icebreaker

What is your favorite emotion to feel?

What is your least favorite emotion to feel?

Discussion

1. Heather shared a story of "being so happy she could hardly contain it" during her birthday party. Share about a time in your life when you felt that way.
2. What emoji would best describe how you're feeling this week?
3. On a scale of 1-10, 10 being the most comfortable, how comfortable are you with talking about your feelings?
4. Why do you think it's important that Jesus experienced emotions like us when he was on earth?
5. Which step will you take this week?
 - a. Think of the top two emotions you have the hardest time controlling.
 - b. Talk about your feelings with someone you trust.
 - c. Be kind to yourself.

Activity

End your time in prayer and encourage the students/leaders to complete the YouVersion daily devos for The MOODS series.