

*Emotions*  
Proverbs 18:14

1. Suffering is a recurring part of life.
2. God is with us in suffering.
3. Life Giving Words must be given and received.

**SUGGESTED DISCUSSION POINTS FROM MAY 19, 2019 SERMON**

*Emotions*  
Proverbs 18:14

- Would you describe yourself as a highly emotional person?  
As numb? As stable?
- What is the most recent emotion you remember feeling? What action (s) did it push you toward? How did it, or could it, impact your relationships with other people? In what way did it turn you toward (or away from) God?
- Describe some of the strong emotions that Jesus felt while on this earth?
- Do you truly believe that Jesus can sympathize with you in your emotions? (Heb 4:15-16)
- When you are feeling anxious and crushed in spirit, do you move toward or away from people?
- Why is it important to talk to God and others about your emotions?
- What makes it hard for you to bring your emotions to God and others?