

EMOTIONAL HEALTH

HOW WHAT WE FEEL
IMPACTS HOW WE LIVE

PART 1: EMOTIONS

When we let our emotions control our lives, they can cause damage to us and the people around us. The first step in preventing that is being able to name what we're feeling.

WIN

To better understand what's happening inside of us before it makes its way outside

CONNECT

Take a few minutes to discuss the following questions as a group:

1. How do you feel about doing this study? Why?
2. How would you define emotional health? What does it mean to you to be emotionally healthy? Based on your definition, would you consider yourself to be emotionally healthy? Why or why not?

LEARN

Before watching the video together and discussing the questions provided, we suggest taking a few moments to pray. Here's a simple prayer you can use:

Heavenly Father, You created us with emotions and we're grateful for that. Help us to be good stewards of those emotions—letting them inform how we're feeling, but not letting them take control of our actions. Amen.

After praying, watch the video for Part 1.

APPLY

Discuss the following questions as a group:

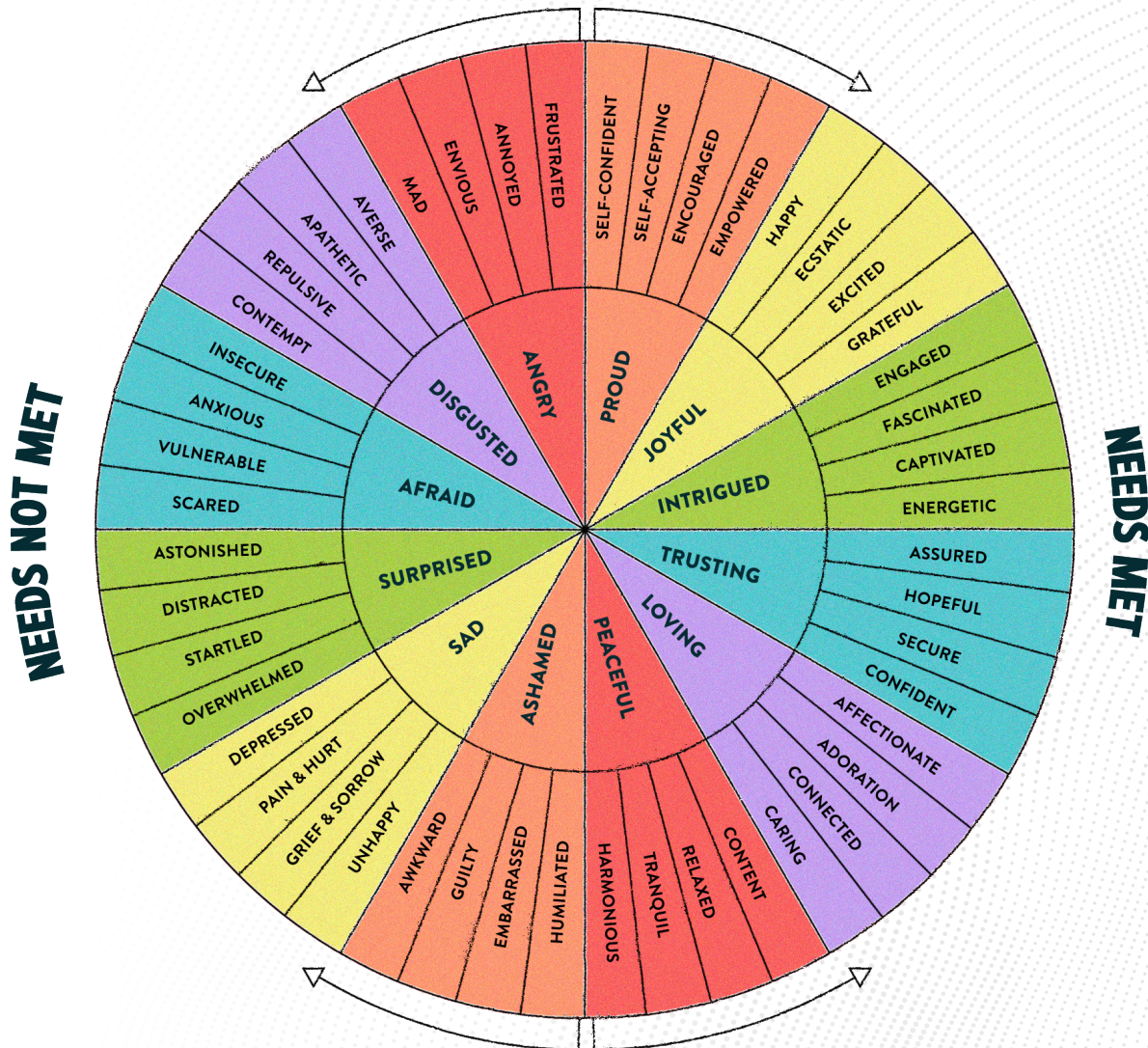
1. Have you ever been in a situation where you appeared emotionally healthy on the surface but were struggling internally? What were the signs or indicators that made you realize there might be an imbalance or unhealthiness within you?
2. **Above all else, guard your heart, for everything you do flows from it (Proverbs 4:23).** In your own words, describe what it means to "guard your heart." What are some practices or habits that can help you protect your heart?
3. Is it typically a challenge for you to communicate your emotions effectively to others? What makes you say that?



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4. What word surfaced for you on the Feelings Wheel? What's happening in your life that contributed to that being your word?



5. What are some practical steps or practices you have found helpful in assessing and addressing your emotional well-being, especially when you notice yourself drifting into an unhealthy emotional state?

PRAY

Spend some time praying as a group. In your own words, ask your heavenly Father to help you guard your heart and to be in control of your emotions.

