



Getting Guidance: Feelings

February 18, 2024 | Matt Anderson

Warm up

1. Who was your childhood hero?
2. What stood out to you in this week's message?

Dig in

3. How can emotions lead to both constructive and destructive ends?
4. Read Jeremiah 17:9 and Proverbs 14:12. Why did God create feelings if they can cause us so much trouble?
5. Read Galatians 5:16-24. What does it mean to live in the flesh versus the Spirit? How do emotions arise differently from each state?
6. Talk about the A-B-C framework for responding to actions around us. What is the "B" step in the process and why is it so important?

Digging deeper (extra credit!)

7. Read Colossians 3:1-3.
 - a. What does it mean to have died and been raised with Christ?
 - b. What does it mean to set our hearts and minds on things above and how can doing so impact our emotional state?
8. What does it look like to lead your feelings as you follow Jesus? Do you believe that *Feelings Follow* as we learn how to follow Jesus?



Series: *Getting Guidance*

Title: *Feelings*

Speaker: Matt Anderson

- Have you set up an automatic giving plan to “automate the important”? We’re here to help!
- Learn about Surprise Covenant Partnership: Surprisechurch.com/Partners
- Learn about Community Group or dive in! SurpriseChurch.com/Groups

Emotions were created to help humans appreciate _____, build _____, and nurture _____.

Genesis 3:6-7

Emotions can _____ our experience of God’s grace AND they can lead us _____.

Jeremiah 17:9

Proverbs 14:12

Should we just ignore emotions and live like robots?

We must learn to follow _____, not our feelings.

Galatians 5:16-24

Spirit | Flesh

A

B

C

How do I use emotions as I make decisions?

Colossians 3:1-3 (Setting your heart on Jesus)

1-

2-

3-

Flesh: Follow _____

Spirit: Feelings _____