
Emotional Troubles

Lesson 1: Introduction

Discussion Questions:

What stood out to you in this lesson? What do you want to remember?

Do you struggle sharing your emotions or do you freely express them? Do you allow yourself to feel your emotions and evaluate them, or do you tend to disassociate from them? How did you develop this pattern – family, culture, hurt or embarrassment?

What has drawn you into this class? What do you hope to learn? Do you have a struggle or situation that you hope to resolve or that you want to better understand?

So far, how have you been coping with or trying to resolve your struggle or situation? Where do you turn for advice, support, rest, answers, etc.? Do you cope with staying busy, working, napping, sleeping, gaming, eating, internet serving, exercising, medicating / addiction, sex, or something else?

How have you been socially influenced in how you cope with your struggles? Consider your family, friends, home life, body/biology, society, media, etc. Have you been influenced by your past, trauma, or abuse?

What do you think it looks like to turn to God with our struggles? Discuss what that looks like in our hearts but also discuss what that can look like practically for you.