



## August 10 - Emotions (using clips from Inside Out)

Emotions – everyone has them and sometimes they are great and sometimes...well, sometimes, if emotions are allowed to rule our brains, it's not so great. Join us this weekend as we see from the "Inside Out" what can happen when emotions get out of whack!

### Scripture:

#### Isaiah 43:1-3 NLT

"Do not be afraid, for I have ransomed you. I have called you by name; you are mine. <sup>2</sup>When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up; the flames will not consume you. <sup>3</sup>For I am the Lord, your God, the Holy One of Israel, your Savior.

#### Ephesians 4:24-32 The Message

And then take on an entirely new way of life—a God-fashioned life, a life renewed from the inside and working itself into your conduct as God accurately reproduces his character in you. <sup>25</sup> What this adds up to, then, is this: no more lies, no more pretense. Tell your neighbor the truth. In Christ's body we're all connected to each other, after all. When you lie to others, you end up lying to yourself. <sup>26-27</sup> Go ahead and be angry. You do well to be angry—but don't use your anger as fuel for revenge. And don't stay angry. Don't go to bed angry. Don't give the Devil that kind of foothold in your life. <sup>28</sup> Did you use to make ends meet by stealing? Well, no more! Get an honest job so that you can help others who can't work. <sup>29</sup> Watch the way you talk. Let nothing foul or dirty come out of your mouth. Say only what helps, each word a gift. <sup>30</sup> Don't grieve God. Don't break his heart. His Holy Spirit, moving and breathing in you, is the most intimate part of your life, making you fit for himself. Don't take such a gift for granted. <sup>31-32</sup> Make a clean break with all cutting, backbiting, profane talk. Be gentle with one another, sensitive. Forgive one another as quickly and thoroughly as God in Christ forgave you.

### Questions:

- Do you see yourself as a highly emotional person, a pretty steady emotional person or an "I don't feel anything" emotional person? What makes you say what you do? Do you see where you are as good or bad?
- Think back over the last couple months of your life. Have there been times when your emotions got the best of you? What was happening/Who was involved? What was the result?
- Read back over Ephesians 4:24-32...it has a lot to say about our emotions. Which one(s) do you need to work on? Where do you need to forgive someone else for a time when their emotions got out of control? Where do you need to ask forgiveness for when your emotions got out of control?

### Reading for the Week:

- **Monday:** James 1:19-20
- **Tuesday:** Galatians 5:22-23
- **Wednesday:** Colossians 3:15
- **Thursday:** Philippians 4:7
- **Friday:** 2 Corinthians 10:3-5