

# em jis

controlling your **emotions**, before they control you.

## Week 9 - Joy: Jesus Is Enough

### **Opening Thoughts**

Reactionary living creates emotionally \_\_\_\_\_ people.

Emotion-led people \_\_\_\_\_. Spirit-led people \_\_\_\_\_.

Biblical joy is not pretending everything is \_\_\_\_\_.

Biblical joy is discovering \_\_\_\_\_ is still enough even when life is not okay.

The goal of maturity is not becoming \_\_\_\_\_.

The goal is becoming less emotionally \_\_\_\_\_.

How do we stop living emotionally hijacked lives? Answer: Through Spirit-Led \_\_\_\_\_.

### **1. Choose** \_\_\_\_\_.

Love will always choose people over emotional \_\_\_\_\_.

### **2. Practice** \_\_\_\_\_.

Confession is not repeated atonement. Confession is relational \_\_\_\_\_.

### **3. Release** \_\_\_\_\_.

Forgiveness does not say: "What happened was okay."

Forgiveness says: "I refuse to let what happened \_\_\_\_\_ me anymore."

### **4. Live** \_\_\_\_\_.

Self-centered, \_\_\_\_\_ people are rarely joyful people.

Selfishness constantly asks—"What about me?"

### **5. Celebrate** \_\_\_\_\_.

Rejoicing reminds your soul that \_\_\_\_\_ is still \_\_\_\_\_!

# **LIFEGROUP STUDY QUESTIONS**

## **FIRST THINGS FIRST**

1. What's one thing from this entire *Emojis* series that has personally stuck with you the most?
2. Have you ever reacted emotionally to something online and later regretted it?
3. Which emotion tends to try to "grab the steering wheel" in your life most often?

## **DIGGING DEEP**

1. Jeremy said every emotion in the series has been "preaching a message." Which emoji message do you think people struggle believing most today?
2. Read Galatians 5:16-24. What does it practically look like to "walk by the Spirit" instead of being ruled by emotions?
3. Jeremy defined joy as: "The settled confidence that Jesus is enough." What makes that definition different from happiness?
4. Why do you think reactionary living creates emotional exhaustion?
5. Which statement stood out to you most and why?
  - "Emotion-led people react. Spirit-led people respond."
  - "Healthy Christians are honest Christians."
  - "God gave emotions as indicators, not dictators."
  - "Healthy Christians learn not to let emotions become lord."
6. In Philippians 4, Paul writes about joy while sitting in prison. What does that teach us about biblical joy?
7. Read Nehemiah 8:10 together. What stood out to you about the context behind: "The joy of the Lord is your strength"?
8. Jeremy said: "Biblical joy is not pretending everything is okay." Why is that distinction important?
9. Which of the five Spirit-led rhythms do you most need right now?
10. Jeremy said: "Confession is relational honesty, not repeated atonement." How does understanding full forgiveness in Christ change the way we think about confession and honesty?

## **TAKE IT HOME**

1. What emotion has been trying to sit in the driver's seat of your life lately?
2. What would it practically look like this week to "abide before you react"?
3. Is there an area where you need to stop hiding and practice honesty with a trusted believer?
4. Which Spirit-led rhythm do you want to intentionally focus on this week?
5. Final reflection from this series: Who's in the driver's seat of your life right now? Jesus or Emotions?