

EMOTIONS

WEEKEND RESOURCES | MAY 19, 2024
Week One | Where is God When You Hurt?

USE THESE QUESTIONS AND RESOURCES TO HELP YOU PROCESS THE MESSAGE DURING YOUR STUDY TIME OR WITH YOUR GROUP.

Message Recap: When you're grieving, when you've got hurt feelings, when you're struggling, remember — Jesus hurt the same way you do. And he feels compassion for people who are hurt. If you've ever felt unsettled, depressed, anxious, or hopeless, remember: God sees you. Cast your hopes, your cares, and your hurt feelings on Him. He cares for you.

» Main Points

- God gave us our emotions.
- Jesus felt real emotions just like us.
- God SEES you. He KNOWS what you are going through. He is WITH you.
- Love crosses lines.

» Getting Started

- How are you doing? Really? Use the [Emotions Wheel](#) to describe how you feel. (You can [use this one for the younger people](#) in your life!)

» Observation

- Read and reflect on Luke 7:11-16
- What are your initial reactions to this passage? What do you find challenging? Are you encouraged by any of these verses? Why?

reachout

- How observant are you of other people's emotions? This week, pay attention to the people around you, in line at the grocery store, at school pick-up, at your job, in your neighborhood. If someone looks like they're having a rough day, offer some encouragement and maybe a little bit of humor. Find ways to show compassion to the people around you.

growdeep

- How can we remind ourselves that God is with us and loves us, even during tough times?
- Read 1 Peter 5:7. What cares and concerns can you "cast" on Jesus this week?
- Let's not draw lines to keep people out. Let's cross lines to bring people in. How can you reach across lines to love others this week?

partner with families

- This week, use the [emotions wheel](#). During drive time or mealtime, have each person in your family talk through how they were feeling that day.
- Reflect back to this week's message and talk about how much Jesus cares for us.

» Next Steps and Prayer

- If you haven't already, download the [Bible App](#) on your phone and select [Eastern Hills Community Church](#) as "My Church." Then, start the [Featured "Emotions" plan](#). You can read on your own or with your group.
- Close by praying that you will feel seen and known and not alone in whatever you face today.