



WEEKEND RESOURCES | JANUARY 19, 2025

Always Trust Your Feelings

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

Message Recap: The culture around us often says that our feelings are always valid and should dictate our actions, but Scripture warns that emotions can lead us astray. Emotional reasoning, which elevates feelings over truth, can prevent spiritual growth and create confusion in the church.

» Main Points

- Lean into Adversity: Be a student of the storm
- Identify Emotional Distortions: Focus on Jesus, not the wind and waves
- Move Forward, Even in Uncertainty: Step out in faith
- Foster Resilience in Community: Seek your crew

» Getting Started

- How do you prefer to solve the problems you face: with the facts or your feelings?
- Share about a time when your feelings deceived you.

» Observation

- Read and reflect on [Matthew 14:22-33; Jeremiah 17:9](#)
- What are your initial reactions to these passages? What do you find challenging? Are you encouraged by any of these verses?



- Have a conversation with someone **new** this week. Maybe a **new** neighbor, the **new** person at your job, a parent at your kids' school or sports team. Get to know someone **new** this week.



- Reread Matthew 14:22-33. What details stand out to you from this passage?
- Think about a time that you allowed fear to misinterpret a situation. How could your response and the outcome have been different if you asked yourself: "Does what I feel align with God's Word and truth?"
- The command is the confirmation. The lesson is in the obedience, not the complexity of the command. Where is God asking you to step out in faith, even in uncertainty? What do you need to do to start moving forward?



- As a family, read Matthew 14:22-33. Feelings are always compelling but not always reliable. This week, be on the lookout for feelings that are real but might lead us astray. Discuss what makes those feelings unreliable as a family and how you can manage those situations together.

» Next Steps and Prayer

- Consider these questions over the next week: What if the wind and the waves you are experiencing in your life are proof that what's on the other side is so significant you have to push through to get there? What if the wind and waves indicate that you need to keep leaning in and moving forward?
- Close by praying this prayer: God - Help me to trust you when I can't see the way forward. Help me to reach for you and trust in your willingness to walk through the storms of life with us. Thank you for being close, even when we can't see you. Amen.