



Small Group Discussion

The Week of:

April 2, 2025

What's your life like:

1. What is a song you could sing every word to if someone asked?
2. Have you ever listened to a song so much that you got sick of it? What song was it?

What are we talking about this week:

Main Point of Message

- Tonight, we are kicking off a new series called "Your New Playlist"! One key truth to add to our new playlist of thoughts is: everyone feels like this. No one has life totally figured out, and all of us experience a wide range of emotions. Emotions aren't problems, and they don't last forever. Instead of them control us, we can learn to process them in a healthy way.

Bible Verses

- Luke 1:28-29, 34, 38, 46-48

Discussion Questions

1. What are some thoughts that play on repeat in your mind? Are they helpful or unhelpful?
2. How does knowing that everyone feels like this change the way you think about your emotions?
3. Mary experienced many emotions: confusion, fear, excitement, and joy. How does her story help us see that emotions aren't problems?
4. Have you ever felt like a feeling was going to last forever? How did it eventually change?
5. The "FEEL" acronym gives four steps to process emotions: Face it, Express it, Evaluate it, and Lift it up. What does each step mean?

Now what:

What's one thing you are taking away from the conversation this week?