

SMALL GROUP LEADER GUIDE

Vibes / Emotions

BEFORE GROUP

BOTTOM LINE

Because of Jesus, emotions don't have to be the boss of you.

SCRIPTURE

Mark 7:5-8 NIV, Mark 7:21a NIV, Matthew 11:28 NIV, & John 14:27 NIV

GOAL OF SMALL GROUP

To help students see that while emotions can be overwhelming, Jesus can help us keep them in check.

THINK ABOUT THIS

Leaders, at this phase, students may be feeling complex emotions but not have the vocabulary to name

what they're feeling beyond preschool vocabulary like happy, sad, mad. Teaching the vocabulary to name emotion will be the first step to discovering how to manage them. As the leader, be careful to not make assumptions about what a student does or does not feel based on gender, background, culture or family or how they have been taught to express those emotions. Many factors can lead a teenager to mask or hide feelings rather than process. Give each student the space to talk openly and discover how emotions may affect them. Pro Tip: familiarize yourself with the emotions wheel prior to this week's meeting. You'll use this wheel to help students identify emotions for the next few weeks.

Create meaningful conversations. Adjust the questions as needed, and don't feel like you need to answer all of them.

DURING GROUP

DISCUSSION QUESTIONS

PART OF THE XP—Note to the Small Group Leader: In order to use the feelings wheel take some time to explain what it is and how to use it. Simply start in the center, then move outwards. Then ask the question #1.

1. Using the Feelings Wheel, ask: Which of these emotions (in the center) did you feel this week? Which ones (in the outer circles) best describe the emotion you felt?
2. What is something that most people believe about emotions and how they should be expressed by:
 - a. Guys
 - b. Girls
 - c. Older people
 - d. Younger people
3. Have you ever seen someone older than you controlled by their emotions? On TV? At school? Online? At home?
4. Do you usually share the emotions you are feeling, or do you hide them from other people?
5. Read Matthew 11:28 (Note: Try reading it first in the NIV version, then reread it in the Message version). Do you feel that what Jesus is saying is even possible?
6. How do you take your emotions to Jesus? What does that look like practically?
7. How would your life look different if you were confident that the emotions, moods, and vibes you feel no longer controlled how you treated yourself and others around you?
8. What are some words that you can use to tell someone how you feel? What are some words that you can use to tell God how you feel?

TRY THIS

Have your students take a picture of the emotions wheel and this week, check in with them to ask where they are with their emotions.