

## Message Series Group Discussion October 9-10, 2021

INFO	
Series	La Croix at the Movies
Sermon	Inside Out
Main Idea/Summary	Something powerful happens when we acknowledge our sorrows.
Scripture	Galatians 5: 16-25, Ephesians 4: 26-27, Psalm 34: 18

QUESTIONS	
About God	God is near to the broken-hearted. He can take anger and sadness and heal it when we acknowledge it and bring those emotions before him. What do you need to confess before the Lord? If you can't say it during small group, commit to praying about it this week.
About Me	Christians aren't really good at admitting they are angry and sadness is an emotion we like to avoid or get rid of as soon as we can. Do you believe this? If so, how have you seen this play out in your own life? Which emotion (anger, sadness, joy, fear, disgust) seems to be running your control tower these days?
Community	Throughout the pandemic, anger incidents have skyrocketed (planes, road rage, retail). But anger has been called a secondary emotion -- it's there because something else is there. What do you think is the root of anger running rampant and unchecked in our communities? What is the solution?
Mission	Jesus didn't hide his feelings. There were times he was downcast; a man of sorrows, acquainted with grief. If we are to live and love like Jesus, we need to be better about sitting with ourselves and others in grief. Recall a time that this was healing for you (or someone else). How can we make this our mission?
Action	Dig deep and really think about how you are feeling right now (in this season). If you need help recognizing or acknowledging your emotions, ask someone close to you what they see. Are you truly happy or have you just gotten good at covering up your sadness? Read through a few Psalms this week and take time to journal and reflect.

Father, we know the first step to healing is to recognize and acknowledge our sin, then confess it to you. Help us to identify the areas where we are angry and holding on to rage, resentment or discord. We know these are destructive to our relationships and we want to heal and be whole. Lord, also help us to acknowledge areas of our lives where we are just sad and need to properly grieve. We believe you sit with us in our pain and want to heal our hearts. And in moments of joy, may we praise you Lord. May we remember you are good and that you want good for us. Lord, we love you. Amen.