

## Small group optional guide

Freedom encounter: Handling emotions well

### IN: FELLOWSHIP

- 1) Read over the words from this Sunday (below) and ask if anyone responded to them, or would respond to them now.
- 2) Pray for each other

### OUT: PRAYER

- 1) Pray for Turkey and Syria: for rescue to those who are still trapped in the rubble // for emotional healing and provision for the survivors // for Christians to reach out and help those affected by the earthquake.

### Some key words from Sunday:

Rob Baker – had an MRI scan on his spine, doctor said it looks like you have spinal cancer, had to have more bloods and a CT scan. During this, trusting God gave him strength, he shared it with the eldership team, and prayed. Latest phone call revealed the all clear from cancer!

- This has drawn Rob closer to God through trusting Him
- “Jehovah turns my life around, He makes a way where there is no way, Jehovah has the final say!” (read psalm 139)

Laurence Evans - muscular dystrophy (believing for healing)

Mike Levy – different names of God, look at them

Dulcie – psalm 147:3 He heals the brokenhearted and binds up their wounds. (respond to this promise)

Claire Beattie – about 5 years ago God healed her of many fears (lifts, cancer etc...) Feel God wants to set people free from fears

Ricky Gunter – Romans 10:13 (there is power in the Lord’s name)

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### UP

Q - would you describe yourself as an emotional person?

### ***In your stress and concern do not worry***

1. Jesus encountered stress and pain (Matt 6:25). You have a saviour who understands.
2. Good and bad emotions are a gift from God. Just as the 200 pain receptors in every 1cm of your skin keeps you safe from harm, so too our emotions alert us to what is going on in our hearts and souls.

### **Key verse - 1 Peter 5:5 - 9**

3. Just like arrogance, worry has its roots in Pride. The sin of pride is shifting ultimate confidence from God and on to ourselves.

- Arrogance wears this 'ultimate confidence' as the glory of a gold medallion
- Worry wears this 'ultimate confidence' as the burden of iron chains

4. Breaking free from worry - "**Cast your cares on Him**" - Fishing rod analogy. It’s not so much how effective you cast, as where you cast. Casting on friends, self, social media will result in worry returning. Casting on God will result in him carrying and dealing with your worry.

### WORSHIP

No longer slaves – Bethel Music

Awesome God – Michael Smith