

## #ALLTHEFEELS: WEEK 2

God intends for our relationships to be full of joy, life, and peace, but we live in a culture that continually sends us confusing and contradictory messages when it comes to how we are to deal with our feelings and emotions towards the opposite sex. Some are saying to follow our heart, others are telling us to wait until we're older, so what are we supposed to do? Should we start dating or should we wait? Where are these feelings coming from and how are we supposed to know what to do with them? We understand this can be a difficult and confusing topic, so in this series, our goal is to open God's Word and learn how we can deal with our feelings by acting on them in the way that God intended, for our good and for His glory.



#AllTheFeels

1

Who was at Wake this weekend and can recap what we talked about?

6

When it comes to dealing with your romantic feelings, what are those around you telling you to do? Do you think that aligns with God's Word?

2

Read Jeremiah 17:9. What do you think it means that "your heart is deceitful"?  
-*Our flesh desires what is contrary to the Spirit (Gal. 5:17), so while our feelings are REAL, they are not always RELIABLE (we shouldn't always trust our feelings).*

7

Do you find it difficult to trust God and obey His word when you are in circumstances where you feel like you just can't shake your feelings? Why or why not?

3

Read Proverbs 14:12. Based on these past two verses, should you "follow your heart"? Why or why not?

8

Read Isaiah 55:8-9, Romans 8:28, and John 10:10. Not only does God know best, but He is FOR your good. How might this truth help you in moments when you are "caught in the feels"?

4

We should inform our feelings before following them. Read 2 Timothy 3:16-17. If Scripture is useful for all things, how should that impact the way you navigate your feelings?

9

We challenged you this weekend to Be Honest, Be Open to Counsel, and to Choose to Obey before you feel like it. Which of these is hardest for you? Why?

5

Why is it important to inform our feelings with the Word of God?  
-*Read Psalm 139. God created us and KNOWS us, so His Word is able to help us navigate our life and feelings better than we can ourselves.*

10

What is one thing you want to do differently in dealing with your romantic feelings as a result of this discussion today?