



## **The Emotional Gauge**

### **September 10, 2023**

Ted outlined educators, social workers, first responders, physicians, and financial managers as the highest risk for emotional exhaustion. Start your session today by taking time to pray for these individuals and for each other.

#### **Read Matthew 22:37 and 1 John 4:16**

Knowing that Jesus is your source of life, how often do you draw from that well? Are there times we rely on ourselves or our emotions rather than the Lord to help us through our tough times?

#### **Read Proverbs 4:23**

Think of a time when you have interacted with an emotionally depleted individual. Are there ways you could have handled the situation differently? What are some of the ways people talk or act to let us know they are emotionally depleted?

#### **Read Matthew 6:21**

Are there times in your life when you have let emotions drive the bus? How can we acknowledge our emotions without letting them take control?

Ted talked about emotional flooding as a significant issue. How does this compare to the cautionary phrase of “turn around, don’t drown”? Are you able and willing to take the “time out” Ted talked about before you or someone you love drowns in emotion?

#### **Read Psalm 13:1-6.**

Discuss this psalm as a group. Can you identify all four elements of this lament psalm? How does this relate to our worship?

Ted discussed lamenting as “a prayer of pain that leads to trust”. How does this help you see the difference between lamenting versus venting?

What we believe about God determines how we approach God. How do regular emotional check-ups keep us healthy emotionally and keep us connected to God?

#### **Read 2 Timothy 1:5-6, 2 Timothy 2:2**

How does seeing how other people have handled emotional situations in their lives help us to handle emotional situations in our own lives? Practice sharing your emotions with God this week and report back on how that influences your closeness with Him.