

MIXED EMOJIS



Week 1 – Dashboard Confessional

BRBC Groups

February 2, 2020

Scripture

2 Corinthians 5:7, John 10:10, Jeremiah 17:9, Proverbs 3:5-6, 1 Peter 5:6-9

Ice Breaker

1. Are you someone that displays your emotions visibly? How so? Can you demonstrate?

Going Deeper

1. This past Sunday we started a new series called Mixed Emojis about our emotions. Would you describe yourself as someone who is “in touch” with your emotions? Why or why not?
2. Do you tend to make decisions based more on feeling or logic? What does your decision process look like?
3. What role do you think emotions play in most peoples lives?
4. Many of us have heard or used the saying “Follow your heart”. What are the strengths of that saying? What are the weaknesses? Read Jeremiah 17:9. How would you apply Jeremiah 17:9 to that saying?
5. On Sunday, Rob said that emotions should be a gauge, not a guide in our lives. What do you think he meant by that? Do you think many people follow that principle?
6. What is the risk of having your emotions guide you all the time?
7. Read 1 Peter 5:6-9.
8. What do you think Peter’s point is in these verses?
9. The context of 1 Peter is that it was written sometime between the burning of Rome in 64 AD and Peter’s death by upside down crucifixion in 68 AD. This was a time of great persecution and suffering for followers of Jesus. Knowing that, how do you think Peter’s original audience would have been feeling? What do you think his words would have meant to his audience?
10. What do you think would have been the danger for this original audience to let their emotions be their guide at that time?
11. Why would it be wise advice to follow your faith and not your feelings?
12. If you had one question to ask God about your emotions, what would it be?
13. Read John 10:10. How might our emotions possibly rob us of a full life at times? What can we do to prevent that from happening?

