

# LIFE GROUP GUIDE

## Soul Detox

### Week 3: Toxic Emotions

#### GOALS

- To spend some time discussing and thinking more about how our emotions impact our soul health
- To consider God's heart for our emotional lives
- To consider and internalize the offer of healthy emotions

#### TIPS

- Watch your time and leave out questions if needed
- Make sure there is enough time at the end to pray together as a group

#### HEADLINES

Soul Detox Series:

It is a popular and worthwhile phenomenon to give thought to the things in our lives that are causing us to be unhealthy. Fad diets such as Banting, Paleo, Whole30; Pop exercise regimes like HIIT, CrossFit, Pilates; apps like MyFitnessPal and Run, Zombie, Run are all the rage. New promises for a new and better you in just 4 weeks or less. But how often do we consider the health of our internal life? What we are feeding our souls a steady diet of. This series aims to do just that. Covering toxic influences, thoughts, emotions and relationships and what wisdom Scripture gives us on how to remedy and deal with toxicity in these areas, we will be exploring how to get fit and healthy on a soul-ular level for the next 4 weeks.

#### PRAYER

Father God, thank you for bringing us here tonight. Please, open our hearts to know you better and learn about you and your will for us. Please reveal yourself to us and help us to grow in community. Amen.

## DISCUSSION

1. What emotions do you most enjoy experiencing? What emotions do you least enjoy experiencing? How often do you experience these?
2. On Sunday we heard that God is emotional and he created us to experience emotions. What stood out for you about this? Was there anything that you hadn't considered before or led to a new way that you thought about God?
3. Several toxic emotions were covered on Sunday (bitterness, rage, envy, fear – preachers may not have covered all of them). Which of the 4 do you think you are most prone to? How does it play out in your life? (Life Group Leader: this is a good opportunity to grow in vulnerability and community, be prepared to lead the charge in this section).

Someone read the following scriptures: Proverbs 8:32-35, Romans 15:13, James 1:2-4

4. We heard on Sunday that combating toxic emotions involves filling our hearts with God-given healthy emotions. What are these passages suggesting about how to do that? (read them again)
5. Why do you think it is hard to fight for joy?
6. Have there been any strategies you have learned (or heard about on Sunday) that you have found helpful in challenging and redirecting your emotions away from toxicity?
7. What steps have you decide to implement as a result of Sunday and this evening?

## PRAY

Spend some time praying for each other around some of the areas you struggle with and asking God to fill you with his peace, love and joy.

To end prayer: Father God, thank you for your great love for us. Thank you that you care about what we experience in our hearts and desire to shape us into your likeness. Help us grow more in you as we leave tonight and keep us safe until we meet again. Amen.