



# HEART STRINGS



## Week A The Feelings Awaken

### LEADER PREP

#### MAIN POINT

**God gave us feelings,  
but our feelings are not God.**

#### SCRIPTURE

Jeremiah 17:9, Ephesians 2:2-5, Proverbs 3:5-6. Luke 22:42

#### GOAL OF SMALL GROUP

To help students learn how to navigate their emotions to follow Jesus' words above them

#### THINK ABOUT THIS

Our feelings are often strong but they change all the time, sometimes from minute to minute. In the teenage years, emotions can feel extra heightened and intense and can toss us around like a storm tosses a boat on a sea, but our world acts like our emotions are the most reliable thing to follow. Help your students see God is deeper than their emotions, like the bottom of the sea. Think through for yourself: how do you pursue God in the middle of strong emotions? What tips from your own life can you share with your students about pursuing God through feeling different emotions? Give your students some practical examples from your life. It may help them see how they can pursue their faith when they are told different than what God says to do.

*This guide is a suggestion, not a formula. Adjust the questions and activities as needed, and don't feel like you need to do, or ask, everything you see here. Let the students and the Holy Spirit guide the conversation, too.*

### DISCUSSION QUESTIONS

#### THE CHECK IN

- How was everyone's week? Share Highs & Lows.
- Someone recap the main point of the message.
- What was a time where you were really passionate about something you were into?
- Tell us about a time you had to do something you didn't really feel like doing, but the Bible said to.
- Legitimately, is following your feelings a good reason for not doing something that is important? Why or why not? *(The goal of this question is to get to the idea that people live by the mantra of "doing what feels right to you". We want to push back on this, because our natural desires aren't always what is best for us.)*

#### THE WORD

##### READ Jeremiah 17:9

- Why is the human heart described like this?
- Have you ever noticed this about things you were interested in?
- Do you feel drawn to do things that you are passionate about that God says to turn away from?
- How can you fight your own emotions when they get really strong?

#### NEXT STEP

- The overall truth is that **God gave us our feelings, but our feelings are not God.**

Ways to follow God's word above our feelings:

- **Pray** - Talking with God gives us strength to overcome any obstacle. How often do you pray for help with tough situations? Is it better to lean
- **Trust In The Lord** - Proverbs tells us to trust God with all of our heart. Do you find it difficult to trust God completely? Why or why not?
- **Check you desires with God** - Whenever you have a strong emotion, God wants us to talk to Him about it so that we can get a clear understanding of how to interact with those feeling. Do you think this process will help you? Why or why not?

#### PRAY

We are going to close in prayer.  
Anyone have any prayer requests?

### **Jeremiah 17:9**

"The human heart is the most deceitful of all things, and desperately wicked. Who really knows how bad it is?"

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### **Ephesians 2:2-5**

"You used to live in sin, just like the rest of the world, obeying the devil—the commander of the powers in the unseen world. He is the spirit at work in the hearts of those who refuse to obey God. 3 All of us used to live that way, following the passionate desires and inclinations of our sinful nature. By our very nature we were subject to God's anger, just like everyone else. 4 But God is so rich in mercy, and he loved us so much, 5 that even though we were dead because of our sins, he gave us life when he raised Christ from the dead. (It is only by God's grace that you have been saved!)"

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### **Proverbs 3:5-6**

"Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take."

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### **NOTES**