

## LIFE GROUP DISCUSSION QUESTIONS

Date: November 26, 2023

Sermon Series: Inside Out: Living and Loving from a Healthy Soul

Sermon Title: The Emotionally Healthy Jesus

Scripture: Various Scripture

Speaker: Dr. Ron Jones

1. Overall, how did this sermon make you feel? How does it help you live and love from the inside out?
2. Why are we emotional beings? How do feelings fit into our overall understanding of the total human being? (HINT: Consider the diagram in the notes)
3. Personally evaluate your emotional maturity and healthiness on a scale of 1-5 (1 = immature/unhealthy and 5 = mature/healthy). What is one life factor that has contributed most to your present emotional health.
4. Consider the seven ways Jesus expressed His emotions in the Gospels. Which one that Pastor Ron discussed impacted you the most and why?
5. Review the three application statements at the end of the sermon. How did they make you feel? What actions will you take because of them?

Fig. 2

