

Getting Healthy:

Emotionally

Getting Healthy: Mentally

Romans 5:1-5

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Reflection and

Discussion Guide

Getting a Grip on My Emotions

How do you see the direct power of feeling at work in daily life? For good? For evil? In yourself? In others?

What has been your experience with controlling your feelings?

When you need to resist a feeling, what are the resources available to you?

Our feelings always have some underlying conditions. What conditions influence my feelings?

Read Romans 5:1-5

What is the source of peace? How can I access this peace?

Read Psalm 92:4

What is the source of joy? How can I access this joy?

Read James 1:2-3

How can I be joyful in the midst of trouble?