

# Conversation Guide

## Emotion, ep. 2

### Episode 2 summary

- Two of the main approaches to emotion can be called “hyper-emotionalism” and “stoicism,” which are the ideas that emotions are either the most important thing or the least important thing about us.
- Long-term happiness only happens as a result of pursuing something bigger than the feeling of happiness itself.
- Jesus shares honestly with his disciples about his emotions, and pours His heart out to God. God invites us to do the same.

1. An Emotional God
- 2. The Pursuit of Happiness**
3. Anger and Sadness
4. Redux

### Discussion questions

**01** Have you ever seen hyper-emotionalism in yourself or the people around you? What about stoicism?

**02** Psalm 62:8 says, “Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.” Why do you think scripture tells us to pour our hearts out to God?

**03** What kind of person (or community) makes it safe to share emotions? Do you have people like that in your life?

### Diving deeper

**Read 1 Peter 2:16.** It might seem at first like Peter is contradicting himself, or changing his mind; live as free people *and* live as God's slaves? But part of the quote we used from Viktor Frankl said that happiness comes “*as the unintended side effect of one's personal dedication to a cause greater than oneself or as the by-product of one's surrender to a person other than oneself.*” How does this rationale for surrender shape your thoughts about 1 Peter 2:16?