

Conversation Guide

Emotion, ep. 3

Episode 3 summary

- Anger is about justice, and is a response to someone breaking boundaries—either yours or someone you feel protective of. It can also be a masking emotion.
- Emotions like anger reveal to us what, and who, we value. The same is true for God.
- Grief and sadness are emotions we feel when something we care about gets taken from us. Grieving is an important part of processing our losses in this world.

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

Discussion questions

01 The video said, “Sometimes we think we have a right to be angry but it’s only because our boundaries got set up in the wrong place.” How can we tell whether our boundaries are in the right place?

02 Do you naturally tend to be more passive or aggressive with your emotions? What would it look like to start being more assertive?

03 What do you think this quote means? “Turning toward our pain is counterintuitive. But in fact, the heart of Christianity is that the way to life is through death, the pathway to resurrection is through crucifixion.”

Diving deeper

Read John 11:11-44. This passage contains the shortest and one of the most well-known verses in the entire bible: “Jesus wept.” Just before that, in verse 33, it also says that Jesus was “deeply moved in spirit and troubled.” And yet he came with the explicit purpose of reversing what had given them all so much grief. So why do you think he let himself weep, and enter into their emotional suffering? What does that say about who Jesus is?