

axis



A CONVERSATION KIT ON

TEEN EMOTIONS

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?