



## Roller Coaster - Ticket to Ride

Think about the last time you felt something really strongly. What was that emotion? What did you do with it?

Read: Galatians 5:22-23, Matthew 7:3-5, Ephesians 4:15-16

What do self control and personal responsibility have to do with maturity?

So if emotions are a gift from God, is it a gift you want to keep or do you wish you had a gift receipt?

Take some time to explore a few of the Bible passages that talk about God's emotions. How do His differ from ours? How are they the same?

God hurts - Isaiah 63:9

God loves and takes delight - Zephaniah 3:17

God gets angry - Psalm 7:11

God has compassion - Isaiah 54:10

God even gets sad - Jeremiah 8:18

God has called us to be Spirit led not emotion driven. But to be led by God, we need to have a close enough relationship that we can discern his will and hear his voice.

When was the last time you felt like you could sense God speaking to you?

When do you notice Him speaking most clearly?

How have you noticed God using other people to make His message clear to you?

How can we pray for you this week? Take time to pray for each other's needs.