



*Reminder- take time to review your group's agreement whenever you have a new student or your group needs a redirect/refocus.

Week 2

Hand out feelings wheel to all students and encourage them to use it throughout the group discussion about emotions

Tell us about a time you felt a feeling that didn't seem to match the situation you were in! (For example, laughing at a sad scene in a movie, crying when you're excited about something, etc.)

Have you ever been surprised by an emotion you've felt? If you're comfortable, tell us about it.

Have you ever tried to hide an emotion you've felt from others? If you're comfortable, tell us more.

Why do you think a middle schooler might try to cover up how they really feel?

Read Psalm 139:7-12. Do you ever feel tempted to hide how you feel from God? Why or why not?

Where do you think God is when you're dealing with big feelings (the fun and the difficult ones)?

How might knowing that Jesus experienced more feelings than just happiness change how you see...

- a. Your response to your own feelings?
- b. God's response to your feelings?

This week, what's one true thing about God and your feelings that you want to remember?