

Chasing Happy



Week 2

Are there feelings that you think bring people closer to God? Or what kinds of feelings do you think cause people to feel far from God?

Have your own feelings ever caused you to question or feel distanced from God? If you're comfortable, tell us more.

Read Psalm 139:7-12. What do David's words tell you about where God is in your feelings?

What does Jesus' response to the death of a friend teach you about God's response to your feelings?

What might change for you if you believed that God really did show up in *all* your feelings?

What's one way you can change the way that you acknowledge your emotions?

Next Step: This week, what's one way you can look for God's presence in those emotions?