

In My Feelings

Week 4: May 27-29

Leaders Note: Did you take time last week to write down things you were good at? What were they?

On the count of 3, I want everyone to make the most annoying sound you can think of. Ready? 1...2...3!

So other than that, what things annoy you most? (pet peeves)

When you feel annoyed, what usually happens next? (Do you get angry, walk away, fire back?)

Read Romans 8:25

What are somethings you're hoping for that you can't see right now?

As a group, make a list of things you can try to do that would make it easier to wait with patience.

What is something in your life that you feel like you need to wait with patience for?

Next Step: Have everyone pick one of those things from the list and try it this week - then discuss next week how it went!

