

Welcome - share a funny story from your own life of where an emotion got the better of you, what happened and what did you learn? (Whoever is leading this should think of their own first!!)

Word - Today we begin a new series looking at how we handle our emotions.

Open up with some general discussion starting with questions such as...

- Who uses emoticons?
- Do you think emotions are good or bad from Gods perspective?
- Of the 5 core emotions we are considering, anger, fear, sadness, joy and disgust, which for you are the hardest to control?
- What are some of the consequences of people not being able to control these emotions?

Read Proverbs 4 v. 18-27. Pull out some of the wisdom truths from these few verses and discuss how they work out in real life.

- Guarding your heart is crucial, why? How can we do this better from your experience?
- The first emotion is joy....what comes to your mind when you hear the word joy?

Read John 15 v. 11 (NLT) Jesus says...'I have told you these things so that you will be filled with my joy. Yes your joy will overflow'

- What do you feel about this verse? What do you think about this verse?
- On Sunday Leon said, 'your joy is your job' what do you think about this statement? What's hard about it? What's also true about it?

Finish by looking at the 5 points "how to cultivate your joy"...discuss them, find bible verses for them, challenge and encourage each other to take responsibility for their joy, to own it!

- Cultivate a child like mindset
- Cultivate a thankful mindset
- Cultivate a serving mindset
- Cultivate a hopeful mindset
- Cultivate a perspective mindset

Finish by asking if anyone has lost their joy and would like prayer....pray for one another