



## The Gospel's Antidote to Toxic Emotions

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Use the following as a starting point for conversation:

Read Psalm 62:8 aloud. Tonight, we're going to do something a little different. We're going to spend some time examining our emotions, engaging them biblically rather than suppressing them or blindly following them.

1. Think back over your week. Identify and name some strong emotions you felt, whether positive or negative.
2. Choose one or two of those and examine why you felt that way. What circumstance or relationship felt threatened in some way? What belief was challenged? Where was this emotion coming from and where did it move you?
3. Now take a moment to evaluate that emotion. Was it godly or selfish?
4. Spend some time talking about how you engaged or could have engaged God with that emotion. Did you withdraw from Him? How could you have drawn closer to Him in it? How did *Jesus* experience your emotion? What did He do with it? What truth do you need God to remind you of in this area? Consider spending some time this next week engaging God by writing a psalm about it. (Refer to Ryan's slides PDF for examples of existing Psalms that deal with different emotions to help guide you.)
5. Now talk about how to engage *others* with this emotion. Is there someone you need to apologize to? Is there someone you need to express gratitude to? Who do you need to talk to about this?
6. What steps will you take moving forward to be able to more consistently deal with your emotions in a healthy, God-honoring way?