

b. _____

c. _____

9. Which of these three is easiest for you to manage and which one is more difficult?

10. Is there something from the message/interview you want to discuss that is not included here as part of the study?

Sermon Notes

Response – Making it Practical

1. How did this study challenge you in the way you view emotional health?
2. What do you believe God wants you to do this week as a result of this study?

You can access more messages on our sermon page at www.villagegreen church.com.

We're also on Facebook and iTunes.
You can also check out the Pastor's Corner on our website or Jon's blog at jkorkidakis.com.



Life Group Study Notes

It has reached epidemic proportions, but remains one of the most misunderstood ailments of our modern age – emotional health.

In this third installment we delve into the topic of our emotions, unlocking their purpose and the reasons why they can be so difficult to manage.



Study – Discovering What the Bible Says?

1. Do you have a major takeaway from last week’s study? If not one takeaway was there a point, or a principle that caused you to think differently?
2. What is the relationship between emotional health and last week’s topic of intellectual health?
3. What percentage of our faith is based on feelings as opposed to knowledge?

4. Why is being made in the “image of God” important as a foundation for understanding our emotions?

Read Proverbs 4:23

5. How does this proverb inform us concerning the importance of maintaining emotional health?
6. Can you think of past decisions where this proverb would have been helpful?
7. What was presented in the message concerning the importance of emotional well-being?

Our emotional well-being is the _____
_____-positively or negatively-
to our overall _____.
8. What was presented as the three basic areas for guarding our emotional health? Expand and discuss each?
 - a. _____