

7. Did the interview help change your perception of the need for guarding our emotional health?

8. Based on the interview, why is the topic of emotional health especially important for those who claim to be Followers of Christ?

9. 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 interview 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?

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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

In this fourth installment we continue to understand the importance of emotional well being, especially as it relates to our faith.

This message is an interview with a psychotherapist with extensive experience and expertise on the topic of emotional health.



Our interview is a candid conversation on the role of emotions and the insights we can glean from for improving our health in this area.

Study – Discovering What the Bible Says?

1. What is the one nugget from last week's study?

Read the verses from 1 John 3:18-24 (NLT) and answer the following questions.

Dear children, let's not merely say that we love each other; let us show the truth by our actions. ¹⁹ Our actions will show that we belong to the truth, so we will be confident when we stand before God. ²⁰ Even if we feel guilty, God is greater than our feelings, and he knows everything.

²¹ Dear friends, if we don't feel guilty, we can come to God with bold confidence. ²² And we will receive from him whatever we ask because we obey him and do the things that please him.

²³ And this is his commandment: We must believe in the name of his Son, Jesus Christ, and love one another, just as he commanded us. ²⁴ Those who obey God's commandments remain in fellowship with him, and he with them. And we know he lives in us because the Spirit he gave us lives in us.

2. How does this passage inform us about the relationship between our minds and our emotions?
3. Why does this passage use guilt as the primary emotional example and what does it teach us about God?
4. During the interview, was there a particular idea or theme that was consistent in the answers you heard?
5. What answer stood out the most for you? Why?
6. Was there a statement or stat that confirmed or validated for you the emotions you have been personally struggling with?