

Conversation Guide

Emotion, ep. 1

Episode 1 summary

- God created an entire spectrum of emotions, and they all have important roles to play in our lives, including fear, disgust, anger, sadness, and joy.
- Human beings have emotions because we have been made in the image of an emotional God.
- God is perfect but human beings are not, so we can be controlled by our emotions in ways he isn't; we need to be able to engage our emotions in a healthy way.

1. An Emotional God

2. The Pursuit of Happiness

3. Anger and Sadness

4. Redux

Discussion questions

01 Have you ever felt pressure to seem happy? What about pressure to seem unhappy?

02 Which idea of God makes you more comfortable: God having emotions, or God not having emotions? Why do you think that is?

03 Do you agree that sometimes we are controlled by our emotions in ways God is not? Do human beings always have to be that way?

Diving deeper

Read Zephaniah 3:17. The Hebrew word translated as "rejoice over you" in the NIV and "exult over you" in the ESV is the word לָאֵל (pronounced "gheel"), which means "to spin around (under the influence of any violent emotion)." Zephaniah is describing God as feeling so happy that He's singing songs to us and spinning around in Heaven. Are you surprised to see God depicted in this way? Why or why not?