

Theme

# Vibes: A Series on Emotions

THINK ABOUT THIS:

- Emotions. Think of what our life would be like without them? However, because they are so strong, they can be both helpful and also hurtful. This series we are talking about several powerful emotions and finding ways to feel about things the way God would want us to feel about them.

Week One

**Mark 7:5-8 NIV, Mark 7:21a NIV, Matthew 11:28 NIV, & John 14:27 NIV**  
Because of Jesus, emotions don't have to be the boss of you.

Week Two

**James 3:13-14 NIV, James 3:16 NIV, James 4:1-2 NIV, & Philippians 2:6-7 NIV**  
Because of Jesus, anger doesn't have to be the boss of you.

Week Three

**Matthew 10:16a NIV, Matthew 8:24-27 NIV, Matthew 10:28-31 NIV, & 1 Peter 5:7 NIV**  
Because of Jesus, fear doesn't have to be the boss of you.

Week Four

**Proverbs 4:23 NIV & Romans 8:1-4 NIV**

REMEMBER THIS

Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.  
Romans 8:1-2 NIV



Morning Time

A huge wonderful piece of who we are created to be is our emotional side. This month we are taking a look at several powerful emotions and seeing what God has to say about them. This month look not only at what your kids say and do but also look for evidence of how they feel about things and guide them health by trusting in Jesus with their emotions.



Meal Time

Ask the question "if you could change anything about the problems that people face in the world, What would you change and Why? This question might lead you to better understand the things that they care about and is a great place to leverage their feelings to gain more knowledge or actions in regards to that issue.



Their Time

When it comes to emotions it is usually hard to understand exactly what is going on and get to the root of the issue. A great question to ask people is "How do you feel about that?" or "What do you think about that?" Instead of being quick to jump in and fix a problem, look for opportunities to help them understand the emotions behind the problem.



Bed Time

We often think about the parts of a person being what they KNOW, what they FEEL, and what they DO. Ask them who some of their heroes or role models are (not you) and ask what they know about these parts of these people. Specifically, ask "How do the people you look up to feel about...?" "What does that make them do about it?" "How does that make you feel about it?"