

# All the Feels: Understanding Our Emotions Through the Psalms

## Discussion Questions

### Week 1: Letting it Out Well

1. Do you think of yourself as an emotional person? Why or why not?
2. Do you think of Jesus as an emotional person? Why or why not?
3. Are there ways where you find yourself suppressing your emotions? How do you do it?
4. Are there ways where you find yourself obeying your emotions? How do you do it?
5. Have you ever thought of prayer as an avenue for processing or expressing your emotions? Why or why not?
6. What is the emotion you feel most unwilling or unable to pray through? Can you pray through it now with your LifeGroup? If you can't, will you let someone else pray through it on your behalf?