

The ½ Glass

“ How to Respond to Emotional Struggles - Part 1 ”

1. Recognize It's Normal to be Confused vv. 16-18

2. Remember God is Still in Charge vv. 19-20a



Grow Group Discussion Questions

A grow group is 8-16 people who get together weekly to study God's word and the previous Sunday's message. There is a time of discussion, support, encouragement, and learning how the message applies to daily life. **PCC uses the ESV (English Standard Version).**

HOW DO I JOIN A GROUP?

To learn more or join a group, visit pacificcoastchurch.org/gg/ or sign up at the patio Info Kiosk.

Point #1

- Read John 16:16-18. Why were the disciples confused by what Jesus was saying? (i.e., "a little while")
- What did this do to their emotional state? What does this highlight about Point #1 and control? Be specific.
- What can happen emotionally if Point #1 isn't understood? How can you practice sitting in Point #1 (undone) this week?

Point #2

- Read John 16:19-20a. What is implied about Jesus knowing what the disciples were thinking and going to feel?
- Why is Point #2 important to remember during emotional struggles? What can happen if this isn't recognized?
- In what way does Point #2 help bring balance to Point #1? How does this help you in a current emotional struggle?

Daily Devotions

These are provided for mid-week personal spiritual growth. Prayerfully writing out your answers will help you experience real life transformation as you dig deeper into the spiritual truths of God's word and today's message.

A downloadable PDF of this document is also available each week at pacificcoastchurch.org/sermons.

MONDAY // Read John 16:16-18, 10, 7:33, 12:35, 13:33, 14:19, Mark 8:31-32

- Why do you think Jesus warned His disciples multiple times that He was leaving? (i.e., emotional preparation)
- What was Jesus specifically referring to by "a little while"? How did the disciples respond emotionally?
- What does this highlight about emotions and confusion? How is this normal? What does this teach you?

TUESDAY // Read John 16:16-18, Romans 11:33-36, 1 Corinthians 2:16

- In what way did the disciples' confusion lead to emotional instability? How were they really struggling with control?
- What does this highlight about a controlling attitude? (i.e., emotions) Why will this be a struggle in today's culture?
- How can you be tempted into this struggle? How can you practice sitting in the "undone" today? Be specific.

WEDNESDAY // Read John 16:16-18, Genesis 17:3-8, 15-18, 16:1-2

- Given God promised Abraham he would be the father of a nation of people, why did he laugh at God?
- What does this highlight about his confusion and the ability to make sense of the situation?
- In what way was this another example of what the disciples were struggling with? How does this encourage you?

THURSDAY // Read John 16:19-20a, Matthew 28:18-20, Hebrews 13:5-6

- Given Jesus knew what the disciples were thinking and going to feel, what does this imply about God & our struggles?
- Why is this important to remember when it comes to experiencing emotional struggles? Give an example.
- What emotions do you find difficult to deal with today? (e.g., worry, sadness, etc.) How does today's truth help you?

FRIDAY // Read John 16:19-20a, Genesis 37:12-28, 41:39-43

- How does the life of Joseph demonstrate God being in charge even though the circumstances were confusing?
- How would you see yourself emotionally responding if you were in Joseph's shoes? (e.g., fear, helpless, etc.) Why?
- What does this teach you about trusting your feelings more than God? How can you step into this truth today?

SATURDAY // Read John 16:19-20a, 6, 14:1, 27

- What is implied about our emotions given Jesus predicted and allowed the disciples to emotionally struggle?
- Explain the balance that is necessary between experiencing negative emotions and letting them guide you.
- In what way does this help you in a current emotional struggle? What steps can you take toward balance?

MEDITATION VERSE: *Oh, the depth of the riches and wisdom and knowledge of God! How unsearchable are his judgments and how inscrutable his ways! "For who has known the mind of the Lord, or who has been his counselor?"*
Romans 11:33-34