

Feeling Good?

“ How to Respond to Emotional Struggles - Part 2 ”



1. Remember Feelings Don't Last

vv. 20b-22

2. Make Prayer Your Lifeline

vv. 23-28

3. Get Used to the Challenge

vv. 29-33

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

- a) Read John 16:20b-22. What was Jesus essentially saying about emotional struggles? Why is this important?
- b) What can happen if Pt. #1 isn't understood? How have you experienced this? How can Pt. #1 help you this week?

Point #2

- a) Read John 16:23-28. Why is prayer a lifeline when it comes to emotional struggles? (i.e., Pt. #2) Be specific.
- b) Why will timing always be a challenge? What is the solution? How is God challenging you to adjust this week?

Point #3

- a) Read John 16:29-33. In what way did the disciples show emotional and spiritual growth? What did Jesus predict?
- b) How does this highlight Pt. #3? What does "take heart" mean? How does this line up with your expectations?

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 16:20-22, 1 Peter 1:3-7

- What is implied about feelings when Jesus says the disciples will experience both sorrow and joy?
- In what way does a mother giving birth relate? Be specific. How can emotional struggles lead to growth?
- What emotion are you struggling with today? (i.e., anger, sadness, fear, etc.) How does today's truth help?

TUESDAY // Read John 16:20-22, Matthew 6:28-34

- What question does Jesus pose to those who struggle with worry in Mt. 6? How was He addressing a perspective?
- What can happen if this isn't properly understood? What does this also highlight about faith?
- How can you struggle with this? Give an example. What is the solution? How will you step into this today?

WEDNESDAY // Read John 16:23-24, Romans 8:34, Hebrews 7:25-28

- What did Jesus teach His disciples about prayer? Why would this have been a new concept for them?
- In what way does this refer to the cross? (i.e., "in my name") As a result, what does Jesus promise?
- What does this also imply about our emotional struggles and prayer? How will you be more prayerful today?

THURSDAY // Read John 16:23-28, Matthew 11:28, Luke 18:1-8a, Philippians 4:6-7, 1 Thessalonians 5:17

- Why is prayer a lifeline when it comes to emotional struggles? How is this an advantage over non-Christians?
- What is promised when you have continual conversations with God? Why will this be hard in emotional struggles?
- What is the solution? What is the mistake? In what way does this adjust your current approach? How can it change?

FRIDAY // Read John 16:29-32

- In what way did the disciples show emotional and spiritual growth? What did Jesus predict would happen later?
- What does this imply about managing emotions and the Christian life? Why is this important to fully understand?
- Why should this prevent Christians from judging other Christians? How does this encourage you?

SATURDAY // Read John 16:33, Romans 8:37

- Explain what Jesus meant by "tribulation". Given it's ongoing, what does it mean to "take heart"?
- How does this tribulation have an emotional component as well? In what way does the promise of "peace" relate?
- Given emotional struggles will be a life-long challenge, how does this challenge your expectations? Be specific.

MEDITATION VERSE: *³³I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.*

John 16:33