

Kingdom Emotions: Intro
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Reflection & Discussion Questions

The Hebrew word *Nephesh* means a soul, living being, life, self, person, desire, passion, appetite, emotion

Each of us is an ecosystem encompassing all of nephesh.

- *What does it mean to be an ecosystem as a person?
- *How are emotions and feelings different? What about moods?
- *How would you rate your understanding and engagement of your emotions?

Emotions are complex

They are not good or bad...they are comfortable and uncomfortable.

- *Do you tend to categorize emotions as good or bad? Where do you put them?
- *How would it help to understand emotions as comfortable and uncomfortable?
- *What emotions do you recall Jesus experiencing in Scripture? Why is it important that he did?

We have different responses to our emotions:

Ascend: push through; attempt to overcome

Avoid: distancing; removal or numbing

Apathy: freeze; remain passive or minimize importance

Attend: face and move toward with curiosity; explore

- *Do you recognize these responses in how you deal with emotions?
- *Is there a 'go-to' response for you? Does it depend on what type of emotions you are having?

Our emotions can be used by God as transformation for our growth

It helps to NOTICE, NAME, and NAVIGATE our emotions to lead to great intimacy with God.

- *Why do you think God would give us emotions?
- *Have you noticed your emotions helping or hurting your spiritual growth?
- *Think about a recent emotion you experienced – walk through noticing, naming and navigating it. (You can use the [Kingdom Emotion Resource pdf](#) for help) How did you handle that emotion in the moment?
- *Where is God grabbing your attention about your emotions right now?
- *What is the Spirit showing you about the path towards emotional wholeness?