

Kingdom Emotions: Uncomfortable Emotions
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Reflection & Discussion Questions

Knowing what to do with uncomfortable emotions is a vital part of the spiritual formation process

If we don't find ways, with God, to make sense of our emotional world it will limit our growth.

*Which emotions are the most uncomfortable for you?

*Has one of these held you back in being formed spiritually?

The fact that we can't totally control our emotions is disruptive to our souls

Read and discuss Psalm 42:1-6 (NIV)

*¹ As the deer pants for streams of water,
so my soul pants for you, my God.*

*² My soul thirsts for God, for the living God.
When can I go and meet with God?*

*³ My tears have been my food
day and night,*

*while people say to me all day long,
"Where is your God?"*

*⁴ These things I remember
as I pour out my soul:*

*how I used to go to the house of God
under the protection of the Mighty One*

*with shouts of joy and praise
among the festive throng.*

*⁵ Why, my soul, are you downcast?
Why so disturbed within me?*

*Put your hope in God,
for I will yet praise him,
my Savior and my God.*

*⁶ My soul is downcast within me;
therefore I will remember you
from the land of the Jordan,
the heights of Hermon—from Mount Mizar.*

*What emotions can you identify the Psalmist may be feeling? What does he seem to feel about God?

*How do you tend to deal with your own disruptive emotions?

*What does it look like for you to be curious about uncomfortable emotions?

When we are overwhelmed, we are invited to connect with God on a deep emotional level

Read and discuss Psalm 42:7-8 (NIV)

*⁷ Deep calls to deep
in the roar of your waterfalls;
all your waves and breakers
have swept over me.*

*⁸ By day the Lord directs his love,
at night his song is with me—
a prayer to the God of my life.*

*What does the phrase 'deep calls to deep' bring to mind for you?

*How have you experienced connection with God in the midst of distressing emotions?

Being truthful about our emotions with God leads to hope

Read and discuss Psalm 42:9-11 (NIV)

*⁹ I say to God my Rock,
“Why have you forgotten me?
Why must I go about mourning,
oppressed by the enemy?”
¹⁰ My bones suffer mortal agony
as my foes taunt me,*

*saying to me all day long,
“Where is your God?”
¹¹ Why, my soul, are you downcast?
Why so disturbed within me?
Put your hope in God,
for I will yet praise him,
my Savior and my God.*

*What can we learn from the Psalmist in this passage?

*How has communion or connection helped you feel hope in uncomfortable emotions?

*Do you see in yourself a tendency to ignore feelings you don't like, to turn to numbing behavior, or looping on negative thinking?

*What is the Spirit asking you to do in order to move towards, not away from 'deep calls to deep' connection?

[Kingdom Emotion Resource pdf](#)