

Advent 2022, study 4 – how the incarnation dignifies our emotions

Theme: *Jesus is not ashamed to share the full range of our emotions – but also shows us what truly healthy emotions look like.*

Aim: *to critically embrace our emotions, with a desire for them to become more like Christ's.*

Questions for personal/small group reflection:

1. Imagine mapping people's attitudes to emotions on a spectrum. At one end, we might have 'keep calm and carry on' for those who are stoical and very wary of strong emotions. At the other, we might have 'follow your heart/whatever makes you happy' for those who unquestioningly embrace most or all of their emotions. Where would you put yourself on that spectrum?
2. What particular people/places/circumstances provoke strong emotions in you?
 - Are there any that will provoke strong emotions over Christmas in particular?
3. Where could you embrace your emotions more in light of Jesus' example?
4. Where should you question your emotions more, in light of Jesus' example?
5. What things are helpful/unhelpful for you personally in feeding godly emotions?

(Things that feed godly emotions might include Christian music, watching a TV series like The Chosen, or getting outside in nature)

 - Which of those things would you like to do more/less of?
6. Reflect on Galatians 5:22-23. What might it look like for your emotions to be shaped more by the fruit of the Spirit?
 - Which of the fruit could you pray for in particular?