



**PERFECTLY IMPERFECT**  
**Embracing Emotions**  
**SMALL GROUP DISCUSSION**  
**QUESTIONS**

**SUNDAY 13 OCTOBER 2024**

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# PERFECTLY IMPERFECT

## Embracing Our Emotions Through God's Eyes

### **13 OCTOBER 2024**

#### **Introduction**

In our fast-paced world, we often suppress our emotions to meet responsibilities, much like a police officer who must focus on the task at hand, ignoring the feelings bubbling beneath the surface. This study explores the interplay of our emotions, memories, and God's design for us. We'll look at how processing our emotions can lead to healing and freedom in Christ, allowing us to embrace our true selves as fearfully and wonderfully made.

#### INTO THE WORD

##### **Key Scriptures**

**Psalms 139:13-14:** "For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

**1 Peter 5:6-7:** "Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you."

**Matthew 11:28-30:** "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."

## Reflection

As we navigate our lives, our emotions—whether they be grief, anger, or fear—often stem from formative experiences. For example, a simple smell can trigger a flood of memories. The way we react to situations can reveal underlying beliefs shaped by our past. God calls us to examine these emotions, recognizing their significance while not allowing them to control us.

## Processing Emotions

- **Identify the emotion:** What feelings arise in certain situations?
- **Understand the root:** Where do these emotions come from? Are they tied to past experiences or expectations?
- **Seek God's perspective:** How does God see you in your struggles?

# Going Deeper

## **Expectations and Values**

Our expectations are often derived from values instilled during our formative years. When we strive for approval, such as excelling in academics or sports, we may overreact to perceived failures. It's crucial to investigate these reactions to foster empathy and understanding within ourselves and towards others.

## **Freedom in Christ**

The truth we hold onto is that we are fearfully and wonderfully made (Psalm 139:14). God does not desire us to carry anxiety or guilt. Instead, He invites us to lay our burdens at His feet. When we allow ourselves to be vulnerable and honest with God, we can process our emotions healthily, aligning ourselves with His truth.

- **God's Approval:** The only approval we need is from God. His love and acceptance empower us to let go of worldly expectations.
- **Restoration:** We all make mistakes, but through Christ, we are restored. The cross symbolises that our strength comes from Him, not our own efforts (Philippians 4:13).

## **The Call to Surrender**

God calls us to be still and surrender our burdens to Him. This means embracing our emotions, processing them through prayer, and reflecting on how God sees us. He desires us to understand that we are imperfectly perfect in His eyes.

## **PRAY TOGETHER**