

# Freedom Series

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## Session 3: Emotions

**For Participants:** We encourage you to review these questions again on your own time. Spend some time alone with the Lord to review any questions that were not covered during the meeting and questions that stood out to you during the discussion. Try to go beyond just the correct answer or what sounds right and ask the Holy Spirit to show you what He would like you to learn from this study. Above all, hear what God is saying to you through this study. Don't feel compelled to answer every question or get every question right. Enjoy your time with Jesus and with your Connect Group!

### Learn

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1. What keeps many Christians from being built up and rooted in the faith (Colossians 2:6-7)?
2. Are emotions evil?
3. What are the differences between feelings, emotions, and passions?
4. What kept Simon from growing in Acts 8:13-23?
5. How do we continue being built up and rooted in the faith?

### Apply

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1. What were the emotions that Owen struggled with? What are some of the emotions that keep you from believing in God's forgiveness of your sins?
2. What was the effect of these emotions in Owen's life? What is the effect of your emotions, positive or negative, on your being, "built up and rooted in the faith"?
3. How was Owen set free from the cycle and trap of shame and regret?

4. If you are born-again, but still held back by your emotions, what are some practical things you can do to lay hold of the promises of Jesus's work on the cross to wash away all of your sins?