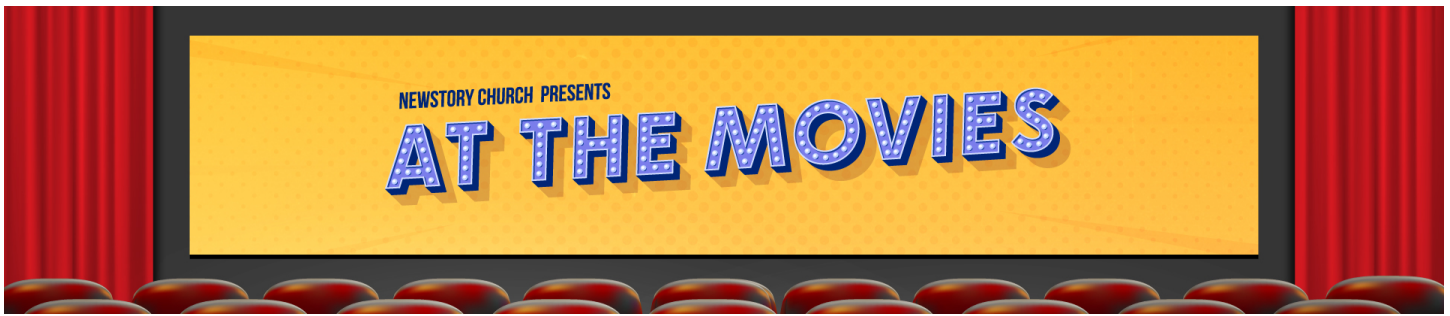




Pastor Tom Kang

At The Movies, pt2: Emotional Health

Icebreaker: What's your favorite animated movie and why? (Ex: *Inside Out*, *Spider-Man: Across the Spider-Verse*, *The Imaginary*, *Wish*, *Up*, *Despicable Me*, *Ratatouille*, *Spirited Away*, *Cars*, *Toy Story*, *Loving Vincent*, *Shrek*, *The Incredibles*, *Monsters Inc*, *Finding Nemo*, *Lion King*, *Soul*, *The Boy and the Heron*, *The Prince of Egypt*, *Frozen* or any other Disney Princess movie)

1. Discuss the merits and limitations of this once popular train illustration. Then discuss the role emotions play in your own daily life and spiritual journey.



2. What does it say to you that God, Himself, experiences emotions such as joy (Zephaniah 3:17), sadness (Genesis 6:6), and anger (Exodus 32:10)? Name some other emotions that God feels. (hint: Psalm 103:14; Proverbs 6:16-19; Psalm 147:11; Exodus 34:14; 1 Samuel 15:11; Isaiah 42:13; Micah 7:18)

3. Did you grow up in a home that minimized or aggrandized emotions? If you feel comfortable, please share one concrete example. Which way do you lean when it comes to emotions – *express them or repress them?*



4. What are your thoughts about the following excerpt from Pete Scazzero's, *Emotionally Healthy Spirituality*:

It's impossible to be spiritually mature, while remaining emotionally immature. ...To feel is to be human. To minimize or deny what we feel is a distortion of what it means to be image bearers of our personal God. To the degree that we are unable to express our emotions, we remain impaired in our ability to love God, others, and ourselves well.

5. You may have some ideas of what a more *physically healthy* you would look like ... but what would a more *emotionally healthy* you look like? What are some ways you can be more emotionally healthy (neither denying or emotions nor being controlled by them)?

SAVE THE DATES:

Baptism Prep Class: July 14
Church at the Beach: August 4

**CHURCH
AT THE BEACH**

August 4 | 10am
at Will Rogers State Beach

Sign Up to get baptized

Baptism Prep Class
July 14 | 10:15am - 11am
Upstairs in the Conference Room