

**UNTANGLE**

**YOUR**

**DISCOVER HOW GOD  
MADE YOU TO FEEL**

**A SIX-SESSION  
BIBLE STUDY**

**EMOTIONS**

**JENNIE ALLEN**

**SMALL GROUP TOOLKIT**

# WAYS TO PREPARE FOR THE STUDY

## **GET HONEST.**

This may be a little awkward, and it will feel a bit uncomfortable, but it will be worth it. We will be dealing with touchy subjects, and calling up some feelings that may have lain dormant for a long time. But God gave you feelings on purpose, with purpose. He intends for you to respond to your feelings. Until we start living in His purpose for our feelings and emotions, we will miss the real, rich experience of life He intends for us. If you feel all tangled up emotionally, are you also willing to consider a way out, even if it takes some time and effort? Be compassionate with yourself and get honest with God. He knows all of it already, anyway.

## **ENGAGE WITH YOUR SMALL GROUP.**

An important part of untangling our emotions is a willingness to do it with the help of others. I know it can be scary, but I'm going to ask you to be vulnerable and acknowledge the connection developing with those who are vulnerable with you, too. Try to listen and speak without judgment. Keep your group a safe and confidential place to wrestle and discover, a place filled with truth. John describes Christ as being "full of grace and truth" (John 1:14). I pray that this is how your small group will be described.

## **COMMIT TO BEING CONSISTENT AND PRESENT.**

Every time you gather with your group, you will be building new skills for living healthfully with your emotions and learning how God feels. Consistency and presence show respect to God and those around you in this process. Arrange your schedule so you don't miss any part of this journey. Have your projects finished when you come to the group meeting (except the first one, which we'll do together).

*Jennie*

# HOW TO USE THIS KIT

The *Untangle Your Emotions* Small Group toolkit contains aids to help you and your group study the Bible together as you go through the study each week.

Inside you'll find:

## **Ground rules for discussion**

- This printable page is a great tool to use each meeting to remind each participant of the expectations associated with covering the content of the study.

## **Worship music playlist**

- A worship music playlist curated by Jennie meant to help center you in worship as you go through the Bible study each week.

## **Printable scripture cards**

- Printable cards that serve as reminders of key scripture readings to stir nearness to God's Word and to each other.

## **Mobile phone invitation cards**

- These invitation cards are fun and easy ways to invite someone to join the Bible study. Whether you meet in a dorm room, church building, or in somebody's living room you can text these cards to invite a friend.
- Looking to add meeting info and details to the cards? Simply drag them into a graphics creator tool like [Canva](#) and add the details in a snap.

# GROUND RULES FOR GROUP DISCUSSION

## **Be concise.**

Share your answers to the questions while protecting others' time for sharing. Be thoughtful and try to respond to "I feel" statements with another "I feel" statement. Do not *judge or condemn other people's feelings*. Don't be afraid to share with the group but try not to dominate the conversation.

## **Keep group members' stories confidential**

Many things your group members share are things they are choosing to share with *you*, not with your husband or other friends. Protect each other by not allowing anything shared in the group to leave the group.

## **Rely on scripture for truth.**

We are prone to use conventional, worldly wisdom as truth. While there is value in that, this is not the place. If you feel led to respond, please only respond with God's truth and Word, not "advice."

## **No counseling.**

Protect the group by not directing all attention on solving one person's problem. This is the place for confessing and discovery and applying truth together as a group. Don't be afraid to ask for help. Your group leader will be able to direct you to more help outside the group time if you need it.

# UNTANGLE YOUR EMOTIONS

## WORSHIP PLAYLIST

[TAP OR CLICK HERE TO GO TO PLAYLIST](#)

# PRINTABLE SCRIPTURE CARDS

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Cut out the cards below, one for each session, as a way to stay connected to God's Word during the week.

## Session 1:

**“For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin” (Hebrews 4:15 KJV).**

## Session 2:

**“Would not God discover this? For he knows the secrets of the heart” (Psalm 44:21).**

## Session 3:

**“But immediately Jesus spoke to them, saying, ‘Take heart; it is I. Do not be afraid’” (Matthew 14:27).**

# PRINTABLE SCRIPTURE CARDS

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Cut out the cards below, one for each session, as a way to stay connected to God's Word during the week.

## Session 4:

**“Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken” (Psalm 55:22 NIV).**

## Session 5:

**“Bear one another's burdens, and so fulfill the law of Christ” (Galatians 6:2).**

## Session 6:

**“I have told you these things,” Jesus said, “so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world” (John 16:33 NIV)**

# MOBILE PHONE INVITATION CARDS

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These invitation cards are fun and easy ways to invite someone to join the Bible study. Choose the set that you like best and send out your invitation to friends and family.

**TAP OR CLICK HERE TO DOWNLOAD!**

*JOIN US FOR*  
**UNTANGLE YOUR EMOTIONS**

Join us for a six-session video Bible study by Jennie Allen as we discover how our emotions have a purpose, and that purpose is connecting us to God and each other.

**HERE'S THE SCOOP!**  
*HOPE TO SEE YOU THERE*

**LOCATION:**  
**DATE:**  
**TIME:**



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*BIBLE STUDY*

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*JOIN US FOR*  
**UNTANGLE YOUR EMOTIONS**

Join us for the Untangle Your Emotions Bible Study we discover that emotions that are submitted to God and used for the purposes God intends connect us to each other and to Him.

**UNTANGLE YOUR EMOTIONS**  
*BIBLE STUDY*

**LOCATION:**  
**DATE:**  
**TIME:**

