

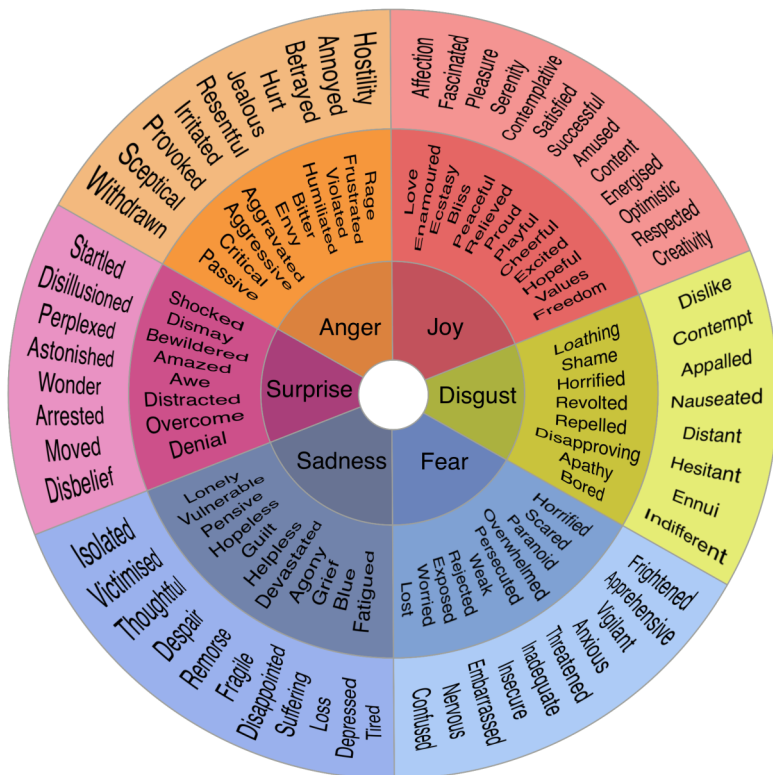
Mental Wellbeing Series



Session Two: How We Feel

In this session we will:

- think about how we name our emotions and why that matters
- explore what the Bible says about emotions
- think about how we respond to our emotions
- consider practical strategies for managing our emotions



Reflect: Look at the emotion wheel and identify the emotions you have experienced over the past week.

Discuss: Which emotions felt good? Which did you not like feeling? Which emotions, if any, do you think are negative or wrong? How do you experience different emotions in your body?

Watch: Watch this short video where Helen explains the distinction between emotions and our responses to them, and highlights some healthy and unhealthy responses to emotion <https://bit.ly/3FRiavH>

Discuss: What stood out to you most from the video? Think about an uncomfortable emotion you recently experienced. Are there alternative ways you might have responded?

Read: Take it in turns to read the following verses: Mark 6:34, John 11:35, Matthew 26:38, Mark 3:5. As you hear them, notice how you feel.

Discuss: How do you feel when you hear that Jesus experienced these emotions? What does it tell us, that Jesus felt and expressed these emotions?

Action: Practice this reflection based on the Ignatian Daily Examen together and during the week.

Pray: Share prayer requests and close by praying for one another.



Take some time to think about today.



Consider one difficult thing that happened. Acknowledge the difficulty and give it to God.



Think about three things that went well or that you feel grateful for.



Are you ok? Remember that you can ask someone for support if you need it.



Allow space for God's voice and presence. What do you need to receive? Pray in response to your reflections.