

# CONVERSATION STARTERS

## SOUTHRIDGE COMMUNITY CHURCH

September 17, 2023 | Emotionally Healthy Spirituality

### EAT TOGETHER | *Showing up regularly to share life and build relationships*

1. Don't miss our Life Group Leaders' gathering on Tuesday, September 19<sup>th</sup>, from 6:30-8:30pm at our St. Catharines location. We hope to see you there!
2. As you kick-off for the fall, work with your group to create a fall schedule determining meeting nights, locations, snacks schedules, social get-togethers, and opportunities to serve.
3. Ice Breaker: What was the highlight of your summer?

### PRAY TOGETHER | *Joining in on conversations of life and faith*

1. What stood out to you most in [this week's service](#)? What inspired you? What challenged you?
2. What do you think about this: *it's impossible to be spiritually mature while remaining emotionally immature*?
3. What kinds of emotions weren't "allowed" to be expressed in your household growing up? How do you think this effects how you express or navigate your emotions today?
4. Read [Psalm 22](#) together. Feel free to invite different people to read different sections. What emotions sound like their being expressed in this Psalm? Which lines catch your attention? How might these lines relate to your emotions or experiences? Focusing on [verses 1-2](#), have you ever felt this way?
5. Consider that [Jesus prayed this Psalm on the cross](#). What do you think about that? How might Jesus be able to show us what it means to be fully human?
6. How can [the final words of Psalm 22](#), proclaiming "He has done it!", bring us hope even in the midst of our most difficult emotions?

### LOVE TOGETHER | *Being real to care and make a difference*

1. Where do you sense you may not yet be whole when it comes to listening to your emotions, praying them to God, and learning from them? How might Jesus want to help you become more whole?
2. How might becoming more whole in your emotions help you to love others better?
3. Take time to pray about the *Emotionally Healthy Spirituality* journey we're beginning together. Feel free to pray your emotions to God. Ask Jesus to reveal things inside us he wants to make whole.
4. Order the [Emotionally Healthy Spirituality: Day by Day](#) devotional to join us on the 40-day journey starting Monday, September 25<sup>th</sup>.