

# CONVERSATION STARTERS

## SOUTHRIDGE COMMUNITY CHURCH

October 1, 2023 | Emotionally Healthy Spirituality

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

1. What was one highlight from your week? What was one challenge?
2. Have you ever faced something really difficult that in hindsight you saw as a blessing?
3. For those who have been following [Emotionally Healthy Spirituality: Day by Day](#), what's one way you experienced God through your quiet times this week?

### 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. Feel free to watch the [message recap](#) with your group to review the big ideas of the message.
3. Review some of these passages that describe God's emotions: [Genesis 1:31](#), [Exodus 20:5](#), [Isaiah 42:14](#), [Jeremiah 30:24](#), [Jeremiah 31:3](#), [Hosea 11:8](#).
  - a. How can knowing that God is a God of emotion help us become aware of and appreciate our own emotions?
  - b. How can being more aware of and more expressive of our emotions help us know God better?
4. After [Jesus's baptism](#), he was led into the wilderness where he faced [three temptations](#) that challenged his true self and identity. These temptations are summarized as believing: *I am what I do (performance), I am what I have (possessions), I am what others think (popularity)*.
  - a. Which of these temptations sometimes effect your identity?
  - b. How can we learn from Jesus to be our true selves and anchor our identity in God?

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

1. Where in your life, or with whom, is it difficult to be your true self?
2. How might Jesus be inviting you to become more of your authentic self with him and with others in order to love him and others better?
3. Take time to pray together, that we would authentically connect with God and become our true selves.