



Next Gen Small Groups
October WK. 1 Don't Let Your Feelings Drive

Key Verse: “Jeremiah 1:5 – *“Before I formed you in the womb I knew you; before you were born I set you apart.”*”

SUMMARY

It's easy to let your feelings dictate your choices—being happy one moment and angry or anxious the next. But feelings are not who you are; they're signals that help you understand what's happening inside. Your true identity comes from God, who created you on purpose, for a purpose. When you let feelings drive your decisions, you risk making choices that lead to regret or hurt others. Learning to recognize your emotions without letting them control you helps you stay on the path God has for your life and live intentionally every day.

ICEBREAKER

Think about a time your feelings got the best of you—what happened, and what would you do differently now?

DISCUSSION STARTER

Why do you think following your feelings all the time can be dangerous, even if they seem ‘right’ in the moment?

DISCUSSION QUESTIONS

1. How can feelings be helpful, but not the driver of your life?
2. What does it mean to find your identity in God rather than in your emotions?
3. How can knowing that God set you apart before you were born change the way you handle your feelings?
4. Can you think of a situation this week where you might let your feelings drive your actions? How could you respond differently?
5. How might writing down Bible verses that relate to your feelings help you make better decisions?

ACTIVITY:

“Emotions Traffic Light” – Give each student a sheet of paper divided into three sections labeled **Red**, **Yellow**, and **Green**.

- **Red** = feelings that need immediate attention (anger, frustration, sadness)
- **Yellow** = feelings that are warning signs (anxiety, stress, confusion)
- **Green** = positive feelings (joy, excitement, peace)

Ask students to write down a recent situation for each color where they felt that way. Then, next to each, write one action step or Bible verse that could help them respond in a healthy way instead of letting the feeling take control. Invite volunteers to share one insight with the group.

WRAP-UP

You are not your feelings. Your identity comes from God, who knows you completely and created you for a purpose.

Feelings are important—they tell you something about your heart—but they are not in charge. This week, pay attention to your emotions, but let God guide your choices. *Don't let your feelings drive—let God steer your life.*