

BUILDING FAITH BEYOND SUNDAYS

At Northland, we believe discipleship doesn't stop when the weekend ends. This guide is designed to help families and small groups take the truths of Sunday deeper into the week...naming emotions, renewing our minds with God's truth, and encouraging one another in the daily rhythms of faith. Let's grow in emotional and spiritual maturity together!

THE MAIN THEME

This message explored the rising complexity of our emotions and how followers of Jesus can navigate "rogue emotions" like anxiety, envy, shame, and apathy through a gospel-centered lens. Drawing inspiration from Inside Out 2, Dr. Josh Laxton reminded us that while emotions are real and powerful, they do not define our identity, God does. The key to emotional health isn't ignoring our emotions or letting them take over, but learning to process them under the lordship of Christ.

DIGGING DEEPER...

As Riley in Inside Out 2 faced new emotional challenges at age 13, so too do we encounter waves of deeper, more complex emotions throughout life. Dr. Josh invited us to recognize the difference between healthy emotions that reflect God's image and rogue emotions that result from the Fall and pull us away from God's best. These rogue emotions, often rooted in unhealthy fear, don't have to control us.

Instead, we're called to acknowledge them honestly, process them biblically, and pursue healing practices: physical health, gratitude, community, purpose, hope, God's promises, and persistent prayer. This is how we let the gospel renew our minds and keep us anchored in truth, even when emotions try to hijack our identity.

WHAT NOT TO MISS...

- New Emotions Unlocked: Inside Out 2 introduces emotions like Anxiety, Envy, and Ennui, mirroring our own emotional development.
- The Rogue Emotions Defined: These are emotions that reflect our broken nature (Adam), not God's image—like fear-driven anxiety or comparison-based envy.
- Sources of Rogue Emotions: Chemical imbalances, spiritual oppression, and emotional/physical neglect all play a role.
- The Cycle of Broken Identity: Bad experiences → bad memories → bad beliefs → bad behaviors → broken identity.
- Fear is the Root: Unchecked fear drives most rogue emotions.
- First Step Strategy: Physical health is a foundational way to fight back... rest, nutrition, exercise, and safe community matter.
- Faith Practices to Keep Emotions in Check: Gratitude (Psalm 103), Hope in God (Job 19, John 14), Perseverance (Jeremiah 29), Promises (Joshua 1), and Prayer (Philippians 4).

LIFE APPLICATION...

What if every time anxiety or envy crept in, we paused and asked: "What does God say about this?" We can train our hearts and homes to identify rogue emotions and respond in faith. Try a simple rhythm this week; name the emotion, bring it to Jesus, and replace it with truth from His Word. Encourage kids to journal their feelings, and as a family, pray together for God's peace to rule your hearts.

Small groups can practice vulnerability by sharing moments when rogue emotions took hold and how they're learning to surrender those moments to Christ. Create space for honesty and healing.

VERSE OF THE WEEK

Philippians 4:6–7

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God... will guard your hearts and your minds in Christ Jesus."

Try praying this verse aloud each morning as a family or group; replacing "anything" with your current rogue emotion.

SMALL GROUP DISCUSSION QUESTIONS

1. What is one "rogue emotion" you've struggled with lately? Where do you think it comes from?
2. How does fear play a role in emotions like envy, shame, or anxiety?

3. In what ways does culture tell us to deal with emotions differently than God does?
4. What does it look like to process emotions under the lordship of Christ?
5. How can physical health (rest, nutrition, exercise) impact your emotional health?
6. What is one promise from God you need to hold onto this week?
7. Why do you think gratitude is so powerful in pushing back negative emotions?
8. What role does community play in helping us process emotions?
9. How can we make our homes or groups “safe spaces” for emotional honesty?
10. What’s one change you want to make this week to better process your emotions through faith?

THIS WEEK’S CHALLENGE

As a group or family, create a “Rogue Emotion Jar.” Throughout the week, write down emotions or lies you’re struggling with and place them in the jar.. then take time to pray together, surrendering those emotions to Jesus. Let this be a tangible way to remember: it’s okay to not be okay, but God doesn’t leave us there.

DAILY DEVOTIONAL

MONDAY: Name the Emotion

READ: Psalm 139:23–24

REFLECT: God knows your heart—even the emotions you try to hide.

RESPOND: What rogue emotion do I need to name today?

Write it on paper and pray, “Lord, help me understand why I feel this.”

TUESDAY: God is Greater Than Our Feelings

READ: 1 John 3:19–20

REFLECT: Your heart may condemn you, but God is greater.

RESPOND: What lie is my heart telling me that God says isn’t true?

Replace the lie with Scripture—write it where you’ll see it today.

WEDNESDAY: Choose Gratitude

READ: Psalm 103:1–5

REFLECT: Gratitude shifts our focus from what’s wrong to who God is.

RESPOND: What can I thank God for today?

Write 3 things you’re grateful for and share one with a friend or family member.

THURSDAY: Hold Onto Hope

READ: Job 19:25–27

REFLECT: Even in suffering, we can have hope in our Redeemer.

RESPOND: Where do I need to anchor my hope this week?

Share this hope with someone who’s struggling.

FRIDAY: Practice Persistent Prayer

READ: Philippians 4:6–7

REFLECT: Peace comes through persistent prayer.

RESPOND: What anxiety do I need to hand to God again?

Set a reminder to pray three times today for peace.

SMALL GROUP LEADERS

FACILITATOR TIPS

- Start your group with a check-in: “What emotion best describes your week?”
- Normalize emotional honesty—lead with your own vulnerability.
- Keep the conversation focused on how Scripture meets emotion.

PRAYER POINTS

CONNECT

- Pray for open hearts and emotional honesty in your group/family.
- Ask God to help each person feel seen and known by Him.

CARE

- Pray for those struggling with anxiety, depression, or shame.

- Pray for supportive friendships and safe spaces for healing.

CULTIVATE

- Ask God to grow emotional maturity and gospel resilience.
- Pray for teens and kids to develop an identity rooted in Christ.

COMMISSION

- Pray for courage to share emotional struggles as a testimony.
- Ask God to use your group/family to bring hope to others battling rogue emotions.

CLOSING PRAYER

Father, thank You for creating us with emotions, and for giving us Your Spirit to help us navigate them. We confess we often let fear, shame, or comparison take the lead. Teach us to process our emotions through the lens of Your truth. Help us to remember that our identity is in Christ, not in how we feel. Strengthen us to walk in peace, joy, and hope this week. In Jesus' name, amen.