

ORIGINAL INTENT

Week 2

Look Back:

What did you do to address a thought that was causing you stress and replace it with a truth that God wants you to believe?

Look Up:

Read [Psalms 34:17-18](#)

1. What do these verses say we should do when we feel strong emotions? How easy is it for you to cry out to the Lord when you feel something strongly?
2. Have you ever kept strong emotions to yourself? What was the result, and what impact could expressing those emotions to God and others have had on the situation?
3. What do these verses say is true of God? Which of the promises described in these verses do you value most? Why?

Read [Matthew 11:28-30](#)

4. How are Jesus' words in these verses similar to Psalm 34:17-18? What additional promises does Jesus offer in these verses?
5. What does Jesus say we need to do in order to receive these promises, and why is it necessary to do these things?
6. Why do you think Jesus specifically says that He is "gentle and humble"? What message is He trying to send to people who were emotionally drained, weary and burdened?

Overall (Discovery Bible Study)

- What do these scriptures say about God?
- What do they say about people?
- How will I apply this to my life?

Look Ahead:

Identify an emotion that is currently making you feel weary or burdened. Try to determine what event triggered this emotion and if there is baggage or a lie associated with that experience.

Notes

Feelings are not good or bad, holy or sinful. Feelings are natural reactions, and expressing our feelings is an expression of our humanity. As we grow closer to God, we come to realize that God is never intimidated by our expression of emotions. He understands and gently guides us through the situation to a place of rest. We simply need to turn to Him for help and direction.

