



Part 1: Emotions Affect My Relationships

Introduction

Be aware of your emotions. Don't become your emotions.

Discussion Questions

1. *Start Talking*

- What kind of emotional climate did you carry into work, school, home, etc. this week?
- How aware are you of what your emotional climate is?
- Share a time when your emotions influenced your actions and it had a negative result.

2. *Read This*

- Read Genesis 4:2-7
 - It is obvious here that Cain was angry- his face showed it. What was God's response to Cain's anger and disappointment?
 - What warning did God give Cain?
 - How does anger change the way we view a situation?
 - How does anger change the way we view God?
 - According to what God says here, do we have control over our anger?
- Read Galatians 5:22-23
 - What are the fruits of our life if we are allowing God to guide us instead of our fleshly desires?
 - How many of these fruits should be evident in our lives?
 - Fruit is defined as a result or reward of an activity.
What activities could we be doing in order to produce the fruit that this passage lists?

3. *What Now*

- What relationships are you hoping you can improve through what you learn during this series?
- How do you tend to respond when someone makes you upset?
 - Do you get angry? Explode? Get quiet? Sulk? Run away?
- Which fruit/s of the spirit (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control) do you have the hardest time practicing?
 - Which do you feel comes easy to you?
- Spend a few minutes individually identifying three people you will connect with and ask, "What's it like to be on the other side of me?"
 - Share your list with your group. If you're comfortable, identify which of the three seems most daunting.

All of us carry an emotional climate into our relationships.