Online Book Club: Emotions by Graham Beynon

Session 1

Set text: Chapters 1-3 Understanding Emotions

Discussion questions:

- What one thing has struck you most from these chapters?
- How does our secular culture – and our church culture – view emotions? What are the strengths and weaknesses of these views?
- What did you notice about the links between thinking, feeling and doing (p27-29)? How do you see this played out in the lives of people you are walking alongside?
- How does the person of Jesus help us understand emotions better?

Practical:

- Emotions display our heart. What might be being displayed by an angry woman – who explodes at her children when they talk back – and tears them down for their lack of respect. (There are very many possibilities!)

Q&A:

- What remaining questions do you have about these chapters?

Session 2

Set text: Chapters 4-6 Positioning Emotions

Discussion questions:

- What one thing has struck you most from these chapters?
- Some emotions come naturally – some we need to develop. Think personally for a moment, which emotions come into which category for you? How might you help someone else identify which emotions they need to seek?
- How can we help our friends submit their emotions to the word of God?

Practical:

- Spend some time meditating on Psalm 18:1-19. What depths do we see there?

Q&A:

- What remaining questions do you have about these chapters?

Session 3

Set text: Chapters 7-10 Emotions in Practice

Discussion questions:

- What one thing has struck you most from these chapters?
- What part might singing (active or listening) play in pastoral care?
- How can local churches express their feelings together more? What might growth in this area look like?
- What difference does it make to know that we can't live in the highs – that a mixture of emotions is to be expected? How can we help our friends to develop this mindset?

Practical:

- Imagine you are walking alongside someone with depression, what truths might you encourage them to speak to themselves?

Q&A:

- What remaining questions do you have about these chapters?