



Matthew 26:36-46

A Better Way

9.26.21

## Small Group Discussion Guide:

**Opening Questions** (pick one or two to answer as a group)

1. If you had to introduce yourself as three emotions, what would they be?  
("Hi, I'm happy, anxious and love.)
2. To be human is to feel. What emotions are especially difficult to deal with?
3. Think of the family you grew up in. What did you learn from your parents about expressing emotion?

### Emotional Discipleship

4. How would you define a disciple of Jesus? What does the disciple look like?
5. Do you agree or disagree with the statement: "It is not possible to be spiritually mature while being emotionally immature."
6. What role should the church play in developing emotional maturity?

**Read the passage together** – Matthew 26:36-46

7. What stands out to you the most from this passage?
8. Jesus is feeling sorrow and trouble. What ways do you see people responding to negative emotions like sorrow and trouble today?
9. Pastor Bryan shared three ways we run from emotion – detach, fake it and distract.

Describe the person who detaches from feeling. Why might they do this?

Describe why a person might feel the need to "fake it" in church?

Describe the ways a person distracts themselves.

10. Do you ever find yourself running in one of these ways?



**GRANT AVENUE**  
**BAPTIST CHURCH**

## **A Better Way**

He gave his emotions to God  
He gave his desires to God  
He gave his trust to God.

10. Jesus shared his emotions with his most trusted friends. What can we learn about community and sharing emotions from this passage?
11. Does your prayer life involve giving your emotions to God? How might doing this change the way you pray?
12. Our emotions are often fueled by our desires. Does your prayer life include giving God your desire?
13. Pastor Bryan said, "We must choose our deepest desire, not our strongest desire." What does this mean and how does Jesus do this in the passage?
14. If you had boil all of this down to one take away, what would it be?