

**CREEK**  
**STUDENT**  
**MINISTRY**  
COTTONWOOD CREEK CHURCH

Guilt, Envy, Anger, Fear

# THE FEELS

A SERIES ABOUT EMOTIONS



## The Feels: A Four Week Study About Emotions

Feelings, we all have them, and we all manage them differently. This series is all about feelings that we all go through and all struggle with. Over the next four weeks, we are going to look at four different types of feelings people struggle with and how to deal with them.

### Table of Contents

Week 1	Guilt	Romans 8:1-4
Week 2	Envy	Ecclesiastes 4:4-6 & Proverbs 14:30
Week 3	Anger	James 3:13-16, James 4:1-2, Philippians 2:5-7
Week 4	Fear	Matthew 14:22-33

## **Guilt Week 1**

Guilt is something that most of us, if not all of us struggle with. Maybe it is because of a sin you have fallen into because you wronged a friend, or even because you simply did something you are not proud of. This lesson is about how we deal with and manage guilt.

### **Learning Activities**

- Book of Questions: What movie can you watch repeatedly without getting tired of it?

### **Learning Readiness**

Say: Today, we are focusing on the topic of guilt.

Ask: What is something you have done before that you have felt really guilty for?

### **Bible Study**

Lesson Objective: This lesson is about how we deal with and manage guilt.

Read: Romans 8:1-4

**1**There is therefore now no condemnation for those who are in Christ Jesus. **2** For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death. **3** For God has done what the law, weakened by the flesh, could not do. By sending his own Son in the likeness of sinful flesh and for sin, he condemned sin in the flesh, **4** in order that the righteous requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit.

### **Knowledge Questions**

1. What does Paul say we are set free of?
2. What does Paul say that God did for us?

### **Comprehension/Understanding Questions**

1. What does Paul mean when he says that “there is no new condemnation for those who are in Christ Jesus?”
2. Can you explain how Satan uses guilt in the Christian life?

### **Applications Questions**

1. How would you describe the feeling of guilt?
2. What are some ways that we can prepare to battle guilt?

### **Synthesis Questions**

1. What is the difference between walking in the flesh and walking in the Spirit?
2. What role does the Holy Spirit play when we are dealing with guilt? (v. 9-11)

### **Evaluation Questions**

1. What should we do to manage and deal with guilt?
2. Why do you think it is important to forgive yourself when you fall into sin?

### **Conclusion**

We all feel guilty at some point in our lives, it is so important that we do not dwell in our guilt. Christ has forgiven us, so forgive yourself. Satan uses guilt as a tool to keep us feeling dirty and unworthy, but we must remember what Paul tells us in this passage, that we are free in Christ Jesus from the law of sin and death. Take comfort in that truth and keep pursuing the Lord.

### **Announcements**

Leaders, communicate any announcements for your group and the ministry.

## Envy

### Week 2

“Some people have a warped idea of living the Christian life. Seeing talented, successful Christians, they attempt to imitate them. For them, the grass on the other side of the fence is always greener. But when they discover that their own gifts are different or their contributions are more modest (or even invisible), they collapse in discouragement and overlook genuine opportunities that are open to them. They have forgotten that they are here to serve Christ, not themselves.” - Billy Graham

### Learning Activities

- Book of Questions: If you were a wrestler, what would your name and entrance music be?

### Learning Readiness

Say: Today, we are focusing on envy and jealousy.

Ask: What has been the most jealous you have ever been of someone or something?

### Bible Study

Lesson Objective: This lesson is all about the dangers of envy and jealousy.

Read: Ecclesiastes 4:4-6

**4 Then I saw that all toil and all skill in work come from a man's envy of his neighbor. This also is vanity and a striving after wind. 5 The fool folds his hands**

**and eats his own flesh. 6 Better is a handful of quietness than two hands full of toil and a striving after wind.**

**Read: Proverbs 14:30**

**A tranquil heart gives life to the flesh, but envy makes the bones rot.**

### **Knowledge Questions**

1. What does the preacher in Ecclesiastes say the fool does?
2. What does it mean to be envious?

### **Comprehension/Understanding Questions**

1. What does the word “toil” mean? (*Work extremely hard*)
2. Why does the preacher say that being envious of our neighbor is like striving after the wind?

### **Applications Questions**

1. What do you think makes us jealous of other people?
2. What are some ways that we can combat jealousy?

### **Synthesis Questions**

1. Can you explain what Solomon meant when he said that “envy makes the bones rot?”
2. Can you assemble some examples of Jealousy from the Bible? What happened in these stories?

### **Evaluation Questions**

1. What are some ways you can evaluate if you are envious of others?
2. What makes you valuable and how should that impact how we see others? (*We are all made in God’s image and God has a plan for all of us.*)

**Conclusion**

Envy and jealousy are dangerous. We should not spend our time trying to compare ourselves to others when God has made us all unique. Focus on yourself and focus on improving your personal relationship with God.

**Announcements**

Leaders, communicate any announcements for your group and the ministry.

## Anger

### Week 3

Anger is something every person in this world has dealt with before. This week we are going to focus on the topic of anger and how we should deal with people and situations when they make us angry.

#### Learning Activities

- Book of Questions: What are some things that sound like compliments but are actually insults?

#### Learning Readiness

Say: Today, we are talking all about anger.

Ask: What is the angriest you have ever been?

#### Bible Study

Lesson Objective: The purpose of this lesson is to teach the student about dealing with anger.

Read: Matthew 21:1-13

**21** Now when they drew near to Jerusalem and came to Bethphage, to the Mount of Olives, then Jesus sent two disciples, **2** saying to them, “Go into the village in front of you, and immediately you will find a donkey tied, and a colt with her. Untie them and bring them to me. **3** If anyone says anything to you, you shall say, ‘The Lord needs them,’ and he will send them at once.” **4** This took place to fulfill what was spoken by the prophet, saying, **5** “Say to the daughter of Zion, ‘Behold,



your king is coming to you, humble, and mounted on a donkey, on a colt,<sup>[a]</sup> the foal of a beast of burden.” 6 The disciples went and did as Jesus had directed them. 7 They brought the donkey and the colt and put on them their cloaks, and he sat on them. 8 Most of the crowd spread their cloaks on the road, and others cut branches from the trees and spread them on the road. 9 And the crowds that went before him and that followed him were shouting, “Hosanna to the Son of David! Blessed is he who comes in the name of the Lord! Hosanna in the highest!” 10 And when he entered Jerusalem, the whole city was stirred up, saying, “Who is this?” 11 And the crowds said, “This is the prophet Jesus, from Nazareth of Galilee.” 12 And Jesus entered the temple<sup>[b]</sup> and drove out all who sold and bought in the temple, and he overturned the tables of the money-changers and the seats of those who sold pigeons. 13 He said to them, “It is written, ‘My house shall be called a house of prayer,’ but you make it a den of robbers.

### **Knowledge Questions**

1. What city is Jesus entering and why is it important? (*Jesus is entering Jerusalem on Palm Sunday; He is about to be put on the Cross because of our sins.*)
2. What place does Jesus go when he arrives in Jerusalem?

### **Comprehension/Understanding Questions**

1. Can you explain why Jesus was so angry when he entered the temple?
2. In your own words describe what Jesus meant when he said they had turned the Temple into a den of thieves?

### **Applications Questions**

1. How can we apply the way Jesus responded to our lives?
2. How can we show Christ to others in situations that make us angry?

### **Synthesis Questions**

1. Was Jesus right or wrong in his anger towards the people in the Temple?
2. Can you explain the difference between righteous anger and sinful anger?

### **Evaluation Questions**

1. Can you think of any other scriptures that relate to anger? (*Psalm 37:8; Proverbs 14:29; James 1:20; Proverbs 15:1; Colossians 3:8*)
2. Evaluate where you are in your spiritual life, do you think you are prepared to respond with grace in angry situations?

### **Conclusion**

There is an opportunity to fall into anger every single day. We must prepare to respond graciously to anger, unless we need to righteously call out anger just as Jesus did. It is worth our time to read scripture, to pray, and to seek God when it comes to our patience in dealing with anger, especially since it is an emotion, we deal with almost every day.

### **Announcements**

Leaders, communicate any announcements for your group and the ministry.

## Fear

### Week 4

#### Learning Activities

- Book of Questions: What is the most ironic thing you've seen happen?

#### Learning Readiness

Say: Today, we are focusing on fear.

Ask: What is the scariest thing that has ever happened to you?

#### Bible Study

Lesson Objective: This lesson is all about overcoming fear.

Read: Matthew 14:22-33

22 Immediately he made the disciples get into the boat and go before him to the other side, while he dismissed the crowds. 23 And after he had dismissed the crowds, he went up on the mountain by himself to pray. When evening came, he was there alone, 24 but the boat by this time was a long way from the land, beaten by the waves, for the wind was against them. 25 And in the fourth watch of the night he came to them, walking on the sea. 26 But when the disciples saw him walking on the sea, they were terrified, and said, "It is a ghost!" and they cried out in fear. 27 But immediately Jesus spoke to them, saying, "Take heart; it is I. Do not be afraid." 28 And Peter answered him, "Lord, if it is you, command me to come to you on the water." 29 He said, "Come." So Peter got out of the boat and walked on the water and came to Jesus. 30 But when he saw the wind, he was afraid, and beginning to sink he cried out, "Lord, save me." 31 Jesus immediately reached out his hand and took hold of him, saying to him, "O you of little faith, why did

you doubt?” 32 And when they got into the boat, the wind ceased. 33 And those in the boat worshiped him, saying, “Truly you are the Son of God.”

### **Knowledge Questions**

1. Why was Jesus not with his disciples?
2. What happened that frightened the disciples?

### **Comprehension/Understanding Questions**

1. Describe the difference between when Peter saw Jesus versus when the storm got stronger.
2. Did Jesus know what he was doing when he left the disciples behind to go pray? Why is that important?

### **Applications Questions**

1. How is Jesus reaching out His hand for Peter a demonstration of His love for us?
2. How should we be like Jesus when those around us are fearful?

### **Synthesis Questions**

1. Do doubt and fear go hand in hand? Explain your answer.
2. What are some ways that we can prepare ourselves to keep our eyes focused on Christ, even in our most fearful moments?

### **Evaluation Questions**

1. What brings fear into your life? What do you think causes the fears you struggle with?
2. What is one thing you have learned over these four weeks of studying our emotions?

### **Conclusion**

We all battle fear in different ways. This passage is very important to our spiritual lives because Jesus shows us that when there are storms or times where we are fearful that we are to keep our eyes focused on Him. The moment we take our eyes off Christ is the moment we begin to sink. When you are fearful it is important to know that you have a savior named Jesus who is right there with you in the fearful moments of your lives!

### **Announcements**

Leaders, communicate any announcements for your group and the ministry.