

Small Group Questions: Chip Judd - Chasing Sunshine

© 2013 Seacoast Church. All Rights Reserved.

Read

Psalm 46:10, Philippians 4:8-9

Reflect

Does it sometimes seem like you are at the mercy of your emotions? We all have things (or people) in our life that tend to trigger a strong emotional response. Most of us probably blame our response on those things or people but the truth is that we alone are responsible for our emotional responses.

Pastor Chip Judd gave us some tools for chasing sunshine:

1. Own your emotions
 - a. Chip taught that emotions don't happen to us – we are responsible for them. Do you tend to have a “victim mindset” when it comes to your emotional responses? Why do we tend to behave as though other people are responsible for our emotions?
2. Don't let the ANTs ruin your picnic
 - a. Chip reminded us that how we are feeling is supported by how we are thinking. What thought patterns are propping up unhealthy emotional responses in your life?
3. Slow down regularly and quiet yourself on the inside and the outside
 - a. Read Psalm 46:10. How often do you slow down and quiet yourself?
 - b. Why is it so important to regularly spend some time being silent and meditative before God?
4. Build a loving support system and get the help that you need
 - a. We are not meant to go through this life alone. Are you spending enough time in community with people who love and support you?

What was your biggest take-away from the weekend message?

Respond

- What do you feel like God is asking you to do in response to the weekend message?
What is your next step?
- How can your Life Group support you and hold you accountable in this?