



## **Week Seven: Emotional Health Matters**

If you were at CGS or Manor Farm please follow the guidelines for 'Fear & Disappointment'. If you were at HT or Connect, please follow the notes for 'Beloved'

### **Fear & Disappointment**

- Look at the chapters for days' 15 (introduction to Emotional Health), 16 and 18.
- This will be a more sensitive session, where we will have a chance to reflect on some of the negative emotions that either currently, or in the past, have overwhelmed us. We will reflect on fears we may have (Day 16) or disappointments that we are coming to terms with (Day 18).
- The 'Reflect and Respond' sections on pages 79 & 85 could be worked through gently as a group.
- Take plenty of time to share, maybe in twos or threes, and to pray for each other.

### **Beloved**

- Look at the chapter for Day 17. Discuss and share ideas together about how God shows love through the Bible, the Holy Spirit and through other people.
- You may like to read this chapter together and do the Reflect and Respond section and feed back to one another.
- Take plenty of time to share, maybe in twos or threes, and to pray for each other.