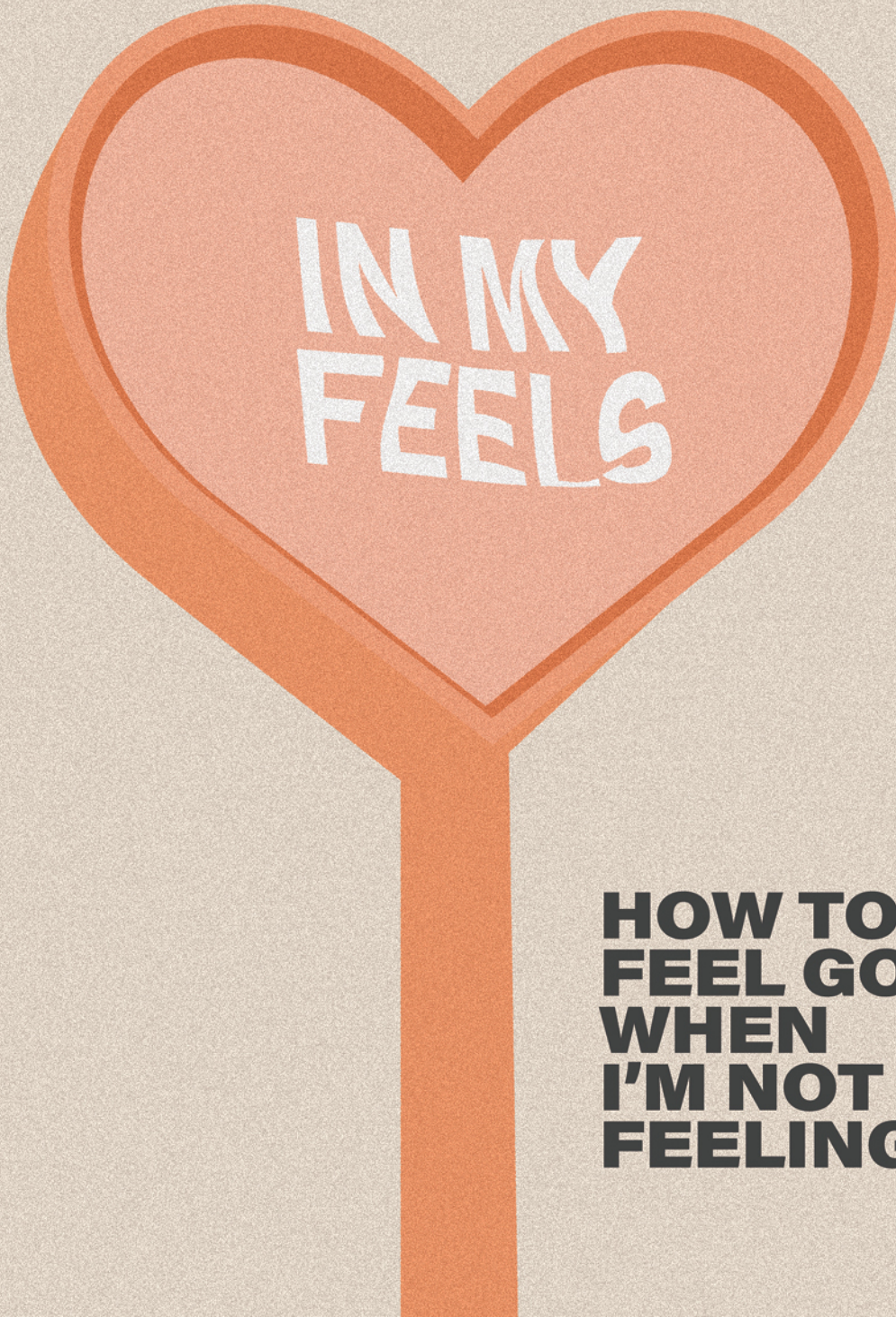
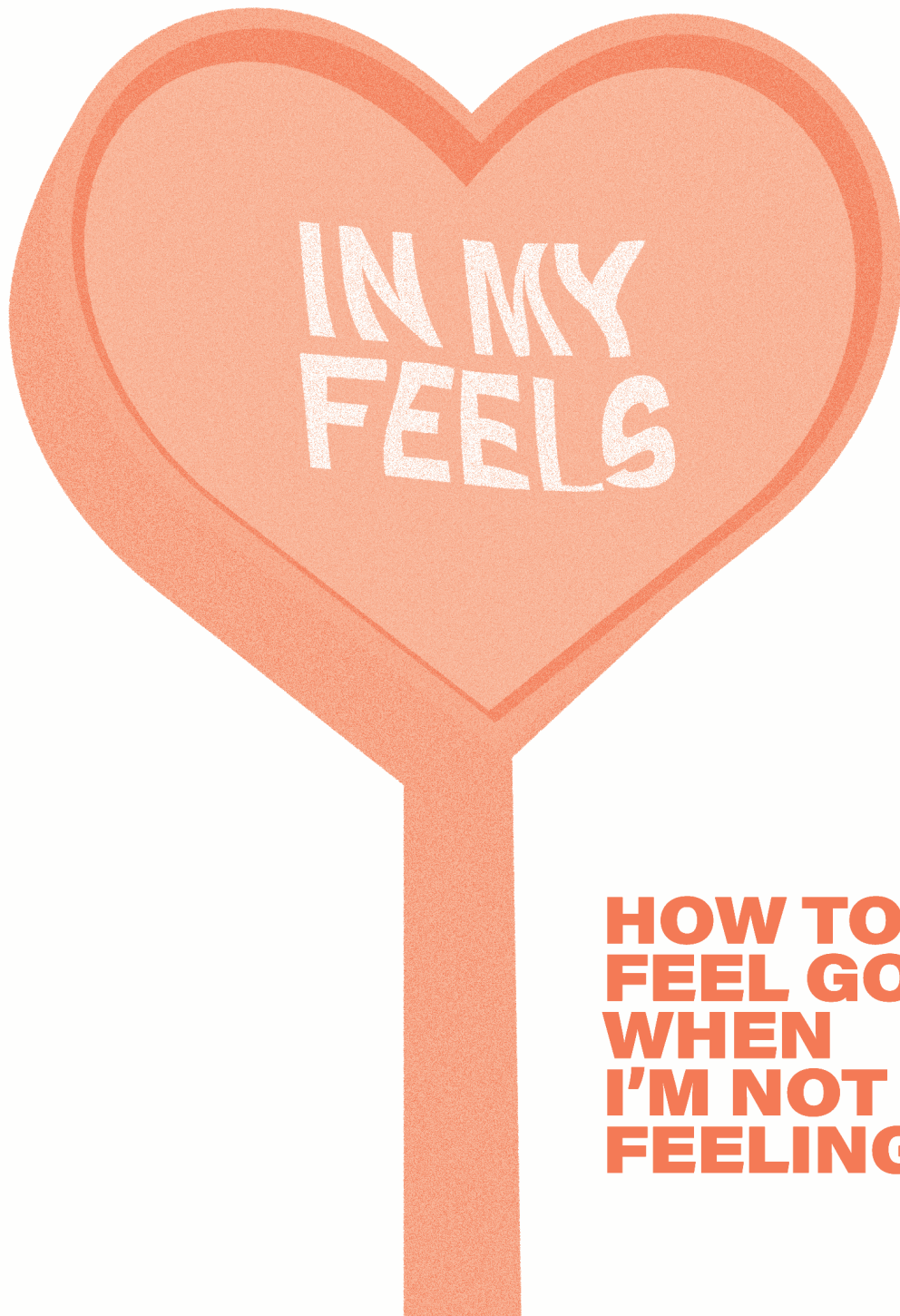


**MAC WILSON / KENZ DURHAM**



**HOW TO  
FEEL GOD  
WHEN  
I'M NOT  
FEELING IT**

**MAC BRIDGES / KENZ DURHAM**



**HOW TO  
FEEL GOD  
WHEN  
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Published by Lifeway Press® • © 2022 Mac Bridges and Kenz Durham

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# About the Authors



Hiiii, we're Mac and Kenz, the voices behind this book. We are best friends, kingdom dreamers, and probably a lot like you. We are so honored to be the ones taking you on this journey all about your feelings. Throughout this book, we will be sharing personal stories and diving into Scripture with you.

**Mac Bridges** is an ex-country singer from a small town in North Carolina. You probably have the wrong impression of her already because she dresses more like Beyoncé and you'll never catch her with a guitar. On the real tho, she's an incredible speaker and leader. She will fire truth at you even when you aren't ready to hear it. She's confident, strong-willed (8 on the Enneagram), and loyal. Just picture a golden retriever, pit bull mutt and you got Mac!

**Kenz Durham** is everybody's best friend, ultimate hype girl, and prayer warrior. If you ever meet her, be sure to ask her to show you her speed walk—it's very impressive. Even though she's not a touchy-feely hugger, she always makes sure that everyone in the room feels included and seen. Don't be surprised by her savvy business skills and her ability to bring the house down with a fire prayer. She's a textbook 7 on the Enneagram and is sure to bring a good time no matter where she goes.

# Our Core Values

## ROOTED IN SCRIPTURE

All of our content is inspired by the Word of God. We believe in having an active and alive relationship with Scripture in our everyday lives. All of our resources and content reflect that heartbeat and come from Jesus-centered truth rooted in Scripture.

## FUN & RELATABLE

This isn't your Mom's boring Bible study. (Sorry, Mom!) We strive to create content that meets you right where you are in life. While we don't shy away from the hard stuff, we also don't shy away from almost peeing our pants on the daily from laughing so hard. After all, following Jesus is fun and full of joy!

## NOT AFRAID OF HARD TRUTH

We're not afraid to say it like it is and to bring you the HARD truth that you sometimes won't want to hear. We believe wholeheartedly that while conviction, sacrifice, and pruning isn't always easy, it's always worth it in the end when you start to look more and more like Jesus.

---

# NOTE FROM MAC & KENZ

## WHY A STUDY ON FEELINGS?

Okay, okay, okay, we've got to start off this study with an honest confession. Why a study on feelings? Well, to be totally frank, Kenz and I were tired of hearing girls obsess over their feelings.

Yep, that's right! We wish it was a better story, but we try to keep it real around here. We've been working in college ministry for the last ten years and can't even begin to count the number of conversations, coffee dates, and late night phone calls we've received from girls all up in their feels. From heartbreak and breakups to anxiety and busy schedules to loneliness and missing home. The list goes on and on!

We are far more comfortable with our feelings than many of the generations that came before us. This is such a good and beautiful thing! We know about words like depression and anxiety. We're comfortable with therapy, and we've learned how to be more vulnerable with our communities. But in a lot of ways, like a pendulum, we've swung to the other side and allowed these feelings to start defining and telling us who we are more than our God. And, unfortunately, it also seems as if following Jesus has become less about who God is and more about how we feel or don't feel about Him on a particular day.

But feelings were never meant to be ignored, suppressed, or pushed aside. We don't have to be ashamed of them. They are a crucial part of walking with Jesus because they actually reveal what's going on inside of us, and through our feelings, we receive a direct invitation from Jesus to experience more of Him.

Join us on a journey of getting in our feels together. We're going to dive into eight core feelings—hurt, loneliness, sadness, anger, fear, shame, guilt, and joy—and see how Scripture highlights the beauty of each one. Our prayer is that this study helps you to better understand and embrace your feelings, while also knowing the truth that even when you don't feel it, God is still inviting you to encounter the richness of His loving kindness.

So grab your girlfriends, tissues, and waterproof mascara—it's time to get in our feels!

## EIGHT CORE FEELINGS

<b>SOUR SIDE</b>	<b>CORE FEELING</b>	<b>THE INVITATION</b>
Resentment	Hurt	Healing
Apathy	Lonely	Intimacy
Self-pity	Sad	Embrace
Bitterness	Anger	Passion
Anxiety	Fear	Faith
Self-rejection	Shame	Humility
Pride	Guilt	Freedom
Cheap Pleasure	Joy	Full Life



# How to Use

Throughout our eight weeks together, we are going to learn about eight core feelings and the invitation God offers when we are all up in our feels.



**Hurt, Lonely, Sad, Anger, Fear, Shame, Guilt, Joy**

This is a study that you can do on your own, with your BFF, a group from church, or even some friends you just met. To help make it easy for you, we have broken down each of the eight weeks into three parts.

## **THE INTRO**

Before you start each week, we want you to check out our podcast to introduce the core feeling. All you have to do to get started is scan the QR code and begin streaming. Even though we know that podcasts can be listened to in the car, on a run, or while you're doing homework, we hope you'll take some time to write down any notes you want to hold onto for the week about the feeling we address.

## **PERSONAL STUDY DAYS**

Each week has three personal study days where we get REAL about the core feeling and point you to the invitation God offers us in our feels through God's Word. This is where you want to get vulnerable about what feelings you are dealing with, what feelings you didn't even know you had, and what steps you believe God wants you take.

As you read, you will have prompts that will cause you to answer questions, reflect on where you are, and pray about those feelings. Most importantly, we have designed these Personal Study Days for you to dig deep in God's Word and discover truth for yourself, so make sure you have your Bibles ready to go. If you're doing this with a friend or group, feel free to keep each other accountable even as you work independently each week.



**WHEN  
I'M  
FEELING  
HURT**

WEEK 1



*Kenz*

*Hurt.*

It's that lump in your throat. You know that feeling mid-conversation with someone when you can feel the emotions start to build. The lump gets bigger and bigger to the point that it becomes difficult to swallow. If they were to ask you one more question, it would be a guaranteed outburst of tears.

Hurt is that ache in your chest. The world feels like it stops spinning and it's almost as if the blood physically rushes out of your body. You grab your heart in hopes that it will relieve the pain, but it keeps throbbing.

Hurt is the tears glossing over your eyes. You try to hold them back by blinking a few times and wiping the first few that fall. But without permission, water begins to run down your cheeks, and all of a sudden, you find yourself ugly crying across the table.

That lump, the ache, those tears are all little sirens going off letting you know that you're not okay—something or someone has left you in pain.

Maybe it was a boy that broke up with you, maybe it was a friend that let you down, maybe it was the invite you didn't get, a parent that abandoned you, or the rejection you felt when you didn't get the role of your dreams.

Hurt stings. It runs deep. It doesn't heal on its own. It continuously resurfaces.

**When was the last time you can remember experiencing hurt? What hurt you?**

The truth is we ALL experience hurt but express it differently.

Some of us are "stuffers." If you are reluctant to read the chapter because you feel like "you don't really get hurt often," you're probably a stuffer. There have most likely been some pretty painful moments in your past, but you've pushed them down—maybe so far down that you're completely ignorant of them at this point. You're good at "sucking it up," moving on, and truthfully a bit prideful in the way you don't care what other people think.

Mac would admit that she is a recovering stuffer. We've been friends for about ten years, and at this point, I can catch her stuffing. Her eyes glaze over, her sentences get shorter, and she says the words, "I don't want to talk about it," avoiding any tears or the explosion of emotion that comes after stuffing.

I think her stuffing habits probably stem from her childhood. As the youngest of four kids, her older siblings used to make fun of her for being "sooooooo sensitive." (Lol, anybody else grow up with older siblings?) Eventually, she trained herself to be "tough" and to suffocate any feelings to try to prove to them that she wasn't a baby. She got used to avoiding her feelings and even started labeling them as weaknesses. She'd admit there are about a thousand times where she said, "I'm doing great," rather than acknowledging her hurt.

**On a scale from 1-10, how much of a "stuffer" would you say you are?**



Then others of us are "feelers." You might be a feeler if you are known for your tears. Sad tears, happy tears, angry tears, and overall just lots of tears. Feelers might even shamelessly tell people about the latest thing they learned in therapy.

But if you're being honest about being a feeler, there have probably been a few times when you've gotten a little too stuck in your feelings and it turned into self-centeredness. After overthinking everything and replaying conversations countlessly, you have likely had moments where you've feel stuck in your feelings.

**On a scale from 1-10, how much of a "feeler" would you say you are?**



I personally find myself somewhere in the middle. You better bet I have a good cry every once in a while, but my tears aren't sweet and pretty. Mine are full-on snotty, puffy, obviously "left my emotions undealt with for too long" tears. I will stuff my hurt for awhile, but eventually, the tears fall because I don't have that same endurance of a true "stuffer."

One of the best stuffer/feeler dynamics in all of Scripture is the juxtaposition between Saul and David showcased in 1 Samuel.

**Jot down a few things you know about these two kings before we jump in. (Don't know anything yet? No worries, you're about to!)**

Saul was king over the Israelites for about twenty years, most of which is documented throughout the first half of 1 Samuel. To be honest, he didn't do a great job and disobeyed the Lord MANY times. Eventually, the Lord appoints a new king, King David. For Saul, it felt like a real stab in the back because David was a lowly farm boy, a couple feet shorter, and outwardly unequipped for the role in comparison to Saul.

Right off the bat, David made Saul look pretty bad. David was killing it on the battlefield, secured many victories, had lots of new fan girls, and things were looking great for him. What we see in the Scriptures is that Saul started to "stuff." With every victory and accolade that David acquired, Saul grew more and more hurt.

**Stop and read 1 Samuel 18:6-9.**

Just before this passage of Scripture in 1 Samuel 17, you read about David's first big victory against Goliath. You're probably familiar with this story. Goliath was giant, armed, well-trained, and David had no business going up against him. But by the grace of God he won, killing Goliath with a slingshot and stone. Pretty impressive, right?

Now the Israelite army was on their way home, and the women welcomed them home with singing and praise.

**What were they singing (v. 7)?**

Let's just say Saul didn't handle that well!

**Fill in the blank from 1 Samuel 18:9:**

**"So Saul watched David \_\_\_\_\_ from that day forward."**

I don't know about you, but I can relate to the guy. It's tough when you feel overlooked, when someone is totally showing you up, or gets the spotlight you wanted. Gosh, it hurts!

**Can you relate to Saul's bitterness in this passage? What does it remind you of in your own life?**

Don't you kind of wish that Saul could have had a vulnerable moment with David?

**What do you think Saul would've said to David if he had just been honest and vulnerable about what he was feeling?**

Meanwhile, David, our other king, was all up in his feels. As any good creative or musician does, he wrote songs and poems all about his emotions, especially the hurt he faced. People lied to him, dismissed him, and turned their backs on him. David wrote many of the psalms we read today in the midst of this pain as an expression of hurt.

**Stop and read Psalm 109. Notice how David came face-to-face with his hurt.**

**What verse stood out to you?**

Psalm 109 was written out of David's pain and hurt from an enemy. It's possible this was written out of the hurt he was experiencing directly from Saul, but we don't know for sure. What we do know is who David focused and directed his hurt and pain to.<sup>1</sup>

**How does David's prayer teach you to be more honest with your prayers?**

The reality is life is hard and it hurts. You'll never be able to escape that on earth. But the beautiful thing that David teaches us is that these feelings can lead us closer to our Father, rather than simply stuffing our feelings and growing more bitter.

God is our Helper, our Comforter, our Redeemer, our Savior. He came for moments like this. He wants to be a part of your pain, and He will sit there with you in your feelings.

**If you haven't listened to this week's podcast, make sure to go back to page 11 to join Mac and me for a conversation all about hurt.**





# THE SOUR SIDE: RESENTMENT

*Kenzi*

I'll never forget walking into my first ever internship at a church in Nashville, Tennessee. I was a bundle of excitement, and I was dressed to match my confidence. I had on a cute pink dress, white sneakers, and a brand new Target bag to look as if I don't usually miraculously carry my computer, journal, Bible, pens, keys, wallet, water bottle, and coffee all in two hands. After anxiously searching for the correct parking spot, I popped out of my little white sedan and headed down the stairs.

What happened after that was the most humbling experience of my life. I think I must have only made it down the first two steps when I found my entire body sprawled out on the ground, along with everything else in that cute new Target bag. Not only was this extremely embarrassing, but I was legitimately convinced I had broken my leg right there on the stairs.

Turns out I had only sprained my ankle, which basically meant I had to keep moving along. There wasn't a giant cast to signify my pain; I really didn't have a big enough excuse to miss work, stay at home, and chill out for a while.

Doesn't that feel like emotional hurt too? Although you might be hurting, you keep moving, and honestly, no one really cares. And because no one acknowledges it, it's easier to ignore.

It probably sounds a lot like this:

**Circle the statement that feels most familiar to you.**

*"I'm fine."*

*"I shouldn't feel this way."*

*"It's really not a big deal."*

*"It's whatever."*

*"Seriously, it's all good."*

*"I'm sure I'll get over it."*

Turns out, just as a sprained ankle worsens as you ignore it, your emotional pain does as well. That once invisible swelling starts to turn an ugly greenish-blue, and you cannot hide it any more. The pain doesn't go away—it only gets more painful.

**What typically holds you back from expressing or admitting your pain?**

The result of ignoring, stuffing, avoiding, denying, minimizing, heck whatever you do to cover your pain, turns into the sour side of hurt: *resentment*.

Why is it that a word none of us need to google to know what it means?

### **I've resented . . .**

- + That mean girl at school who never once invited me to her birthday party.
- + That popular girl with the personality I wished I had.
- + That guy I had a crush on who could never remember my name.

### **Maybe for you, you've resented . . .**

- + That friend who left you in the dust to join the cool crowd.
- + That teacher who never gave you affirmation despite your straight As.
- + That parent who was too busy at work to notice your tears.

### **When's the last time you remember feeling resentment toward someone? What did you resent them for?**

There's this moment in Scripture that gives us a pretty real picture of resentment, so real it might make you cringe a little bit. Today we're going to look at a story in Genesis 37 and some good 'ole family drama because of a guy named Joseph.

If you grew up going to Sunday School, you might be familiar with Joseph's story and his fancy-smancy coat of many colors. Before we jump in, you're going to need to know a little more about his family line.

Joseph's parents were Jacob and Rachel. Joseph's father had another wife named Leah, but he loved Rachel a lot more. Leah had many sons with Jacob, all the while Rachel struggled having just one child. After years of being angry at God, the Lord finally gave her a son named Joseph. So Joseph was the long-awaited, golden child, and let's just say that his brothers weren't too happy about it.

**Stop and read Genesis 37:1-4.**

### **What do you pick up on in these first four verses?**

These first few verses emphasize the fact that Joseph was Jacob's favorite. He gifted Joseph a "long-sleeved robe" as an outward display of his love for him. This was that coat of many colors that you might've heard of before. It signified "a position of favor, princely standing, and birthright."<sup>2</sup>

**Stop and read Genesis 37:4 again.**

So what did Joseph's brothers think about the favoritism that was taking place? Well, they hated him for it—to the point they couldn't even bring themselves to speak to him.

Have you ever been there before? Resentment has built up so much in your heart toward a friend, your mom, boyfriend, or roommate that you can barely even talk to them.

**Have you ever avoided or ran away from a conversation you know you should've had because of resentment? What was that situation?**

That's exactly what Joseph's brothers did. They started to avoid him all together, and guess what? Their resentment grew stronger!

As we keep reading in Genesis, we find that Joseph ended up having a few interesting dreams that he decided to loop his family in on.

**Stop and read Genesis 37:5-10.**

As I'm sure you could have guessed, this made his brothers hate him even more. Like what? You're going to rule over us, and we're going to serve you? Psh, give us a break!

As you keep reading, his brother's jealousy gets worse and worse until eventually . . .

**Read Genesis 37:19-20.**

Joseph's brothers decided they were going to throw him into a pit where the wild animals would eat him. Yikes! Thankfully, Reuben, the oldest brother, convinced them that it'd be way better to sell him into slavery than murder him themselves.

Now, before you are left with a terrible impression of Joseph's brothers and dislike them forever, take a moment to look a little closer at the text. On the surface they look mean, resentful, and just plain awful. But what if they were just really hurt?

**Where could Joseph's brothers hurt be coming from?**

**They felt overlooked and less than.** Let's start with the fact that their dad bought Joseph the most obnoxiously amazing coat. I doubt his brothers felt loved and chosen by Jacob in the same way that Joseph felt.

And not only do I think they were overlooked by their earthly father, but I have a feeling that they felt that way about their heavenly Father too. Don't you think they wished the Lord had given them each a dream and a great calling just like He did for Joseph?

**They felt helpless.** Genesis 37:2 says that Joseph was seventeen when his brothers finally exploded with resentment and sold him into slavery. For seventeen whole years his brothers stuffed their pain while their jealousy grew and grew.

Can you imagine what would happen if these guys walked into a therapist's office? They would swing open that door and with all the angst in the world blurt out: "Our brother is messed up! He walks around with this obnoxious coat on, and now he's telling us we're going to bow down to him!"

The therapist, probably noticing their resentment, might ask, "Why does this make you so mad?"

"Well, he's saying we're going to BOW DOWN to him, and he thinks he's entitled because his mom is Jacob's favorite. He thinks he hears from God more than the rest of us and . . ."

The therapist would probably softly interpret them to ask the simple but gruesomely direct question, "Do you feel hurt by your dad?"

The lump begins to build in their throats, the ache sharpens in their chests, and the tears start to bubble over their eyes. The years of stuffing, pretending, and ignoring all the pain begins to wash away as they start to get real about their hurt and let God in to work.

As we close out today's reading, I challenge you to peel back the layers of resentment. I wonder what hurt is perhaps buried deep under your resentment.

**What hurt and resentment have you stored up in your heart? Why have you been hesitant to open up about it before now?**

Hear me clearly: there's always something you can do with your hurt. You don't have to let it control you. You don't have to let it ruin your relationships. You don't have to hide it or wear it everywhere you go. You have a personal invitation to get super honest about your pain and bring it to the feet of Jesus.

**Who's ready to learn how to give your hurt to Jesus? (Circle one.)**

**AHH IDK!   ●   NERVOUS, BUT READY!   ●   LET'S DO THE THING!**

# THE INVITATION: HEALING

*Mac*

Over the past few days, we've been talking about what it's like to feel the ache, sting, and sharp pains of hurt. We all have our own stories from the past of hurtful moments and even current situations that we're in the midst of processing through.

But have you ever wondered if Jesus's heart ever hurt? Did He ever feel the knot in His stomach or the ache in His chest? And if He did—how did He respond to the people who wounded Him emotionally?

If you grew up in or around church, you're more than likely aware of Jesus's divine nature. You know that He could heal the sick with one touch, abstain from all sins, walk on water, calm the storms, and even defeat death.

But isn't it also amazing to think that Jesus wasn't just fully God, He was also fully man? He knew what it was like to walk in the brokenness of our world, to come face-to-face with temptation, while feeling the full spectrum of human emotions. Jesus felt what you feel today!

**Read Hebrews 4:14-15.**

When Jesus became "God with us" (Matt. 1:23) on earth, Jesus got in the mess of it all and took on the fullness of life even as God. He knows the temptations, the pain, and the hurt you feel because He has felt it all Himself as a human on earth. He isn't far removed from you when you face temptation, get caught in your feelings, and experience deep hurt. Instead, Jesus is right there with you in it all.

Yesterday, we looked at the sour side of hurt, how when left unattended, it often turns into resentment. Today we're going to look at how not to ignore it, but what to actually do with the hurt that we feel.

**What invitation do you think Jesus offers you when you look to Him to care for your hurting heart?**

Scripture shows us that Jesus in His loving kindness invites us into *healing*.

One of Jesus’s most loyal companions was a zealous, bold, and sometimes prideful guy named Peter. Once a failed fisherman turned into a “fisher of men” (Matt. 4:19), Peter seemed not only to have made it into Jesus’s inner circle as one of the disciples but a beloved friend of Jesus.

On the night that Jesus was taken into custody by the Romans, Jesus shared a final meal with His disciples known as the last supper. Afterwards, they made a short journey outside of Jerusalem to a place called the Mount of Olives. In that place, Jesus shared that many of them would abandon Him that very night.

**Turn to Matthew 26 and read verses 30-35.**

**Which one of Jesus’s disciples declared this, “Even if everyone falls away because of you, I will never fall away” (v. 33)?**

**How did Jesus respond (v. 34)?**

Peter refused to admit that he would ever turn his back on Jesus despite the fact that Jesus straight-up told him that before that very night was over, Peter would disown Him not once, but three times. In verse 35, Peter denied it again. There was just no way he would ever hurt Jesus! (Spoiler alert: he was wrong.)

**Flip to Matthew 26 and read verses 69-75.**

**How many times did Peter deny Jesus?**

That’s right. Peter denied Jesus three times. And just as the rooster crowed, Peter remembered that this was exactly what Jesus had predicted would happen. Peter, despite his best efforts and hopes, had betrayed his Lord, the One he swore he would never hurt in a million years. He had completely and totally left Jesus in His darkest and hardest moment. I wonder how Jesus must’ve felt knowing that Peter would deny Him.

**How do you think YOU would feel if your closest friend betrayed you not once, but THREE times?**



If Kenz, my best friend in the entire world, denied knowing me three times, I know I would be extremely hurt. I mean, how could she do that to me? What happened to all those years of friendship? What about all the promises she made to me?

### How do you typically respond when someone hurts you?

Jesus, unlike me and probably unlike you, had a different response.

In Mark 16, we read about several women who went to visit the tomb of Jesus after His death on the cross. When they arrived at the tomb, the stone covering the entrance was rolled away. Upon entering the tomb, they found an angel there who delivered the good news that Jesus was indeed alive. Then, he gave them a few specific instructions.

#### Stop and read Mark 16:7.

Okay, hold up! Jesus had just been betrayed by His friends, suffered a painful death, rose from the grave, defeated sin and death, and one of the first things on His “to-do list” was to have an angel set up a meeting place for Him to reconcile with Peter? Like what?! This is not the way my human heart would respond. No joke, I once gave my sister the silent treatment for an entire week because she ate my leftovers.

John 21 recounts the powerful moment of reconciliation when Jesus drew Peter back to Himself through a moment of deep spiritual healing. Spend some time reading this passage of Scripture. Look for how Jesus calls Peter into healing.

#### Stop and read John 21:1-19.

### How many times does Jesus ask Peter about his love for Him (vv. 15-17)? Why does that number sound familiar?

Yes! Each confession covered one of Peter’s three denials. He had to come face-to-face with his failures. But instead of punishment or making him feel guilty for what he had done, each time Jesus responded simply with “feed my sheep.”

Jesus told Peter that despite the pain he had caused, His calling remained the same. His failures didn’t bench him or take him out of the game. Jesus still wanted Peter and still wanted to use him. I can only imagine the deep healing that Peter found in that moment with Jesus. It’s almost as if Jesus was able to use His deepest hurt to tee up His deepest healing.

Because when hurt is dealt with in a healthy way, it moves the heart toward healing.

Let's look at one more passage of Scripture together. Keep in mind that these words come from a letter written by none other than our beloved disciple, Peter.

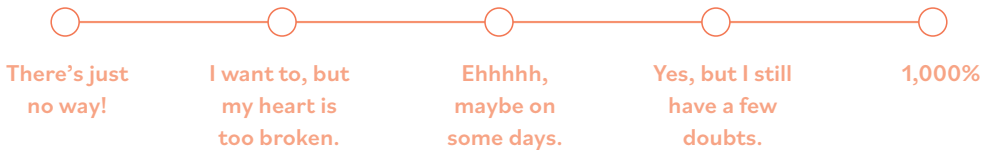
**Flip to 1 Peter 2:24 and fill in the blanks below:**

**“He himself bore our sins in his body on the tree; so that, having died to sins, we might live for righteousness. By his \_\_\_\_\_ you have been \_\_\_\_\_.”**

By His wounds you have been healed.

Let that sink in for a moment. Jesus went to the cross for your healing.

**Do you believe that?**



I wonder if Peter wasn't thinking back to how Jesus had changed everything and offered him new life through those three powerful questions after His death and resurrection as he was writing. Despite feeling the feels of His own hurt and pain, Jesus offered Peter complete healing through what He did on the cross.

When we are deeply hurting, whether from our own doing or not, Jesus offers us that same healing. When you are facing the deepest kind of pain that you think nobody in the world could possibly understand, Jesus gets it. He knows what it's like to be betrayed. He knows what it's like to be rejected. He knows what it's like for your heart to ache. Jesus bore the weight of all our sin, hurt, and pain on His shoulders when He hung on that cross.

Jesus did that so that you and I could have somewhere to turn when we're hurting. He bore it all so we could receive His beautiful invitation into a relationship with Him that leads to healing and restoration.

**Be honest. Have you brought your hurt to the Lord and genuinely asked for healing? What's keeping you from accepting Jesus's invitation to healing?**

You don't have to ignore the hurt you're currently feeling. You don't have to tie it up with a pretty bow. You don't even have to dry your tears. You simply have to take that hurt to the feet of Jesus and reach out your hands to be healed in His loving arms. By His wounds, you will be healed.



## LIVE IN HEALING

*Mac*

When Kenz and I were in college, we started a Bible study for women on our campus called Delight that some of you might be familiar with today. From the very beginning, we both realized that although we had amazing friends who we loved being around, we were missing a community we could get super real with and who could point us back to Jesus in the midst of our hardships. That type of community is a lot harder to find!

But that's the type of community our Creator designed and calls us to be in. I love the way Galatians 6:2 puts it:

*"Carry one another's burdens; in this way you will fulfill the law of Christ."*

GALATIANS 6:2

When we carry each other's burdens, we actually fulfill what Jesus has asked of us. One of His departing words to His disciples on the night before His arrest was this:

*"I give you a new command: Love one another. Just as I have loved you, you are also to love one another. By this everyone will know that you are my disciples, if you love one another."*

JOHN 13:34-35

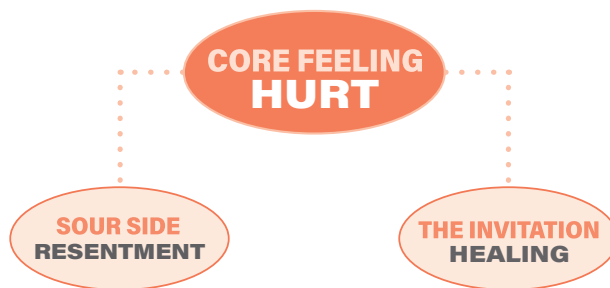
I don't know what or who was going through Jesus's mind when He said these words, but I wonder if maybe, just maybe, He was thinking of you as you sit all alone in your dorm room wondering if anyone knows how deeply you've been hurting, or maybe the girl down the hall who's wrestling with whether she needs to just get in her car and drive home, or maybe the girl from your 8:00 a.m. class who is going through a devastating heartbreak. Jesus knew that we would desperately need each other and that His type of love would be the only thing to heal our hurting hearts.

You see, friendship and community is about so much more than not sitting alone in the cafeteria, having someone to get ready with before the Friday night mayhem, or having someone to help you scheme on your latest crush. Community is about bearing one another's burdens. It's about getting messy, real, and vulnerable before one another so that we can experience the depth of Christ and what He has called us to. It's about showing love to each other like Jesus has loved us.

One of the beautiful parts of emotions is knowing that we're not alone in our feels. Like we talked about on Day 3, Jesus felt so many of the things you feel on a daily basis, and guess what? So does the community around you! There's a freedom that happens when

you realize that you're not the only one feeling this way. When we're vulnerable, we can relate, learn from one another's stories, and look towards Jesus together.

For your first group session, we want you to spend some time getting to know one another and practicing getting honest about how you've experienced this week's feeling (hurt) in your life. You might be tempted to only share half of the story, but we challenge you to go ALL IN with your group. This is a safe space to be real and raw about what you're feeling. Your feelings won't be looked down upon here but celebrated as you look to the invitation that Jesus offers you through each one. Ready? Let's do this!



### **OPEN IT UP:**

1. **Grab your phone and look through your camera roll until you find your most embarrassing photo. Share it with the group and explain the story behind it.**
2. **Start to get comfortable sharing openly about your feelings each week. Which of the eight core feelings are you most feeling at this moment?**



## **LET'S GET REAL:**

- 1. On Day 1, we talked about the difference between “stuffers” and “feelers.” Rank yourself on a scale from 1 to 10 (1 meaning you are the ultimate stuffer; 10 meaning you are always up in your feels). Why did you score yourself that way?**
  
- 2. What’s the deepest hurt you’re currently feeling in your life? What have you been doing with your hurt? Has this hurt started to morph into resentment? How so?**

## **LIVING INTO THE INVITATION:**

The second that Peter saw Jesus on the shore he got off the boat and swam as fast as he could to Jesus (John 21:7). He knew that he needed healing and didn't want to miss this moment of reconciliation with Jesus.

- 1. What has been keeping you from bringing your hurt to Jesus?**
  
- 2. What would it look like for you to “schedule a meeting” or have a time of reconciliation/healing with Him? How can your group hold you accountable to this?**

