



Session 1—Hurt

Icebreaker

Describe your first experience in the ER.

Watch Session 1 of MOOOOD

1. Did anything stick out to you from the video?

Read Matthew 26:26-35

The Last Supper

While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, “Take and eat; this is my body.” Then he took a cup, and when he had given thanks, he gave it to them, saying, “Drink from it, all of you. This is my blood of the covenant, which is poured out for many for the forgiveness of sins. I tell you, I will not drink from this fruit of the vine from now on until that day when I drink it new with you in my Father’s kingdom.” When they had sung a hymn, they went out to the Mount of Olives.

Jesus Predicts Peter's Denial

On the way, Jesus told them, "Tonight all of you will desert me. For the Scriptures say, 'God will strike the Shepherd, and the sheep of the flock will be scattered.' But after I have been raised from the dead, I will go ahead of you to Galilee and meet you there." Peter declared, "Even if everyone else deserts you, I will never desert you." Jesus replied, "I tell you the truth, Peter—this very night, before the rooster crows, you will deny three times that you even know me." "No!" Peter insisted. "Even if I have to die with you, I will never deny you!" And all the other disciples vowed the same.

2. Put yourself in Jesus' shoes in this passage. What do you think he was thinking and feeling as he shared this news with them?

3. How do you think Jesus found the strength to eat a meal and pray with his friends, knowing that they would all desert him?

4. As Chris mentioned in the video, many times we are tempted to hide or cover up our hurt. What are some of the unhealthy ways you've observed people dealing with hurt? What are some unhealthy ways this hurt is expressed?

5. How do you personally deal with hurt? Do you hide it, deny it, become angry, shut down, fight back, open up to others, ...?

6. When have you most recently experienced hurt in your life? Have you healed from this hurt, or are you still in the process?

7. If you are still in the middle of a hurt, what next step do you think God would want you to take. For example, begin the process of forgiveness, open up to someone about the hurt, make an appointment with a counselor, etc.

8. Do you have a story of healing from a past hurt that could be an inspiration to others? Who might God be calling you to share this story with?

9. Who do you know that is experiencing hurt right now? How can you be an encouraging friend to them during this time?

IN@NITE

Family | Co-Worker | Friend

Who in your life would benefit from coming to church with you next week to hear this series? Take a step of faith and invite them this week!

Prayer

Share with the group any hurts that you would like to receive prayer for if you feel comfortable. Pray the prayer below by going around in a circle and having each person read one sentence.

God, thank you for forgiving us for the times that we have hurt you and for giving us a second chance.

Help us to have the same heart to forgive others who have hurt us.

When forgiveness doesn't come easy, we ask that you put in us a desire to forgive.

Reveal to us the hurts that are buried deep that we may not even be aware of.

Bring healing to those hurts through the comfort of your Holy Spirit. Help us not to hide our hurts from you or from others.

Give us the courage to open up about the hurt we have experienced.

And give us humility to admit that we are not too strong to be hurt.

We know that you are close to the brokenhearted, so draw near to us in our hurt.

And help us not to develop a hard or calloused heart.

Give us opportunities to encourage others who are hurting.

Open our eyes to hurting people all around us and show us how to love them.

Use our words and actions to bring healing.

Take what the enemy meant for evil, and use it for good in this world.

So that your name would be made great. In Jesus' name we pray, Amen.

Don't forget: Watch our Daily Story videos and listen to people from The Jar studying scripture and talking about the different emotions we experience. Scan this QR code to access the story videos:





Session 2—Anger

Icebreaker

Describe a moment when you were really angry about something that now seems insignificant.

Watch Session 2 of MOOOOD

1. What did you think of Curtis' story? Can you relate in any way?
2. Has there been a time where you let something “build up” and it exploded in anger? Explain.

Read James 1:9

Listening and Doing

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, (NIV)

3. What does being quick to listen mean to you?
4. What about slow to speak?
5. Slow to become angry?
6. How does forgiveness tie into this concept?
7. Is there someone that you can trust, to share those “build up” things with?
8. How can letting go of anger help your relationship with others?
9. How can letting go of anger help your relationship with God?

Challenge/Action step: set up a time this week (on the phone or in person) to talk with someone you trust about something that has been bothering you.



Do you know someone who is struggling with anger that could benefit from this series? Invite them to church this week!

Prayer

Lead your group through the following prayer.

Close your eyes, and slowly breathe in and out. As you breathe in, picture a person or situation that is making you angry. As you breathe out, imagine handing that person or situation over to God. Take a minute to do that now. Father God, we surrender these things and these people to you now. Help us to release our clenched fists and have open hands of love and forgiveness. Give us self control this week as we seek to be slow to speak, quick to listen, and slow to become angry. Thank you for being a God who is kind and merciful, slow to anger, and rich in compassion. Amen.

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Session 3—Anxiety

Icebreaker

What was your biggest fear as a child?

Watch Session 3 of MOOOOD

1. Did anything stick out to you from Nikki's story?

Read Matthew 26:36-39

Jesus Prays in Gethsemane

Then Jesus went with them to the olive grove called Gethsemane, and he said, "Sit here while I go over there to pray." He took Peter and Zebedee's two sons, James and John, and he became anguished and distressed. He told them, "My soul is crushed with grief to the point of death. Stay here and keep watch with me."

He went on a little farther and bowed with his face to the ground, praying, "My Father! If it is possible, let this cup of suffering be taken away from me. Yet I want your will to be done, not mine."

2. How does Matthew, the author of this passage, describe Jesus' emotions at this time? How does Jesus express his emotions to his disciples? How does he express his emotions to God?
3. Why do you think Jesus bared his soul to his disciples, knowing that they would soon abandon him? Would you have done the same? Why or why not?
4. Do you think anxiety is an easy emotion to express? Why or why not?
5. On a scale from 1 to 10, how often do you experience anxiety, 1 being "rarely ever" and 10 being "at least daily?"
6. If you do experience anxiety, what have you found to be some healthy ways to deal with it? How have you dealt with anxiety in an unhealthy way?
7. Do you find that connecting with God brings relief from anxiety? If so, what does that look like for you?
8. When you are around someone who is feeling anxious, do you find yourself becoming anxious as well? Or are you able to bring peace and calm into the situation? How do you typically approach someone who is feeling anxious?
9. Who do you know that is experiencing anxiety right now? How can you be an encouraging friend to them at this time?



Who in your life would benefit from coming to church with you next week to hear this series? Take a step of faith and invite them this week!

Prayer

Share with the group any anxiety that you would like to receive prayer for if you feel comfortable. Pray for the person to your right by putting their name in the scripture below.

Philippians 4:6 - Then _____ will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

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Session 4—Sadness to Joy

Icebreaker

What is the saddest movie you have ever seen?

Watch Session 4 of MOOOOD

1. What did you think of Nancy's story? Can you relate in any way?
2. What is the biggest loss you have experienced? How did it change you?

Read Psalm 23

A Psalm of David

The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord Forever.

3. What stands out to you most in this Psalm?
4. What is an example of God's truth you can tell yourself in hard times?
5. Jesus is close to the brokenhearted. How can you invite Jesus into your sadness/heartbreak?
6. What is a group that you trust that you are a part of to share your sadness?

Action step: Reach out to become involved in a group/community this week if you are not already a part of a group.



Do you know someone who has experienced a difficult loss recently that could benefit from this series? Invite them to church this week!

Prayer

Which of the 4 emotions we've talked about in this series have you been struggling with the most recently: Hurt, Anger, Anxiety or Sadness? Write the name of that emotion on this handout or a piece of paper and pass it to the person on your right. Go around in a circle and pray for the person who handed you their paper. You can use the prayer below, or pray your own prayer:

"God, please give _____ strength, peace, and comfort as they are struggling with the emotion of _____. Amen."

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