

**Mixed Emotions SERIES VISION DOC, Sept 9-Oct 2**  
**100%**

**Series Focus:** Helping people learn how to use their emotions for God's good purpose

**Tagline:** How to use our emotions for good

**Feel:** Real, authentic, capture emotions that we can all relate to

**Why:** We want to help our church learn how to use their emotions for His good plans, and understand especially what to do when they're leading us away from them.

**Invite Pitch:** Emotions are electric. Joy. Sadness. Anger. Compassion. Whether it's our own emotions or the emotions of our kids, friends, family or the people we work with, God has given each of us the capacity to feel deeply. It's part of what it means to be human. But what do we do when emotions seem bigger than us, when they are just too much? The Bible is filled with examples of emotions, including how Jesus felt deeply: love, compassion, righteous anger, sadness, grief and more. In this series, we'll look at how Jesus processed emotions and how following His example can help us see how our own emotions can be used to fulfill God's purpose in our lives.

**Theme verse:** Romans 12:14-16, "Bless those who persecute you. Don't curse them; pray that God will bless them. Be happy with those who are happy, and weep with those who weep. Live in harmony with each other. Don't be too proud to enjoy the company of ordinary people. And don't think you know it all!"

**Weekly Topics:**

**Week 1: All in My Feels, 9/9-10**

Verse ideas: Delight (Psalm 37:4), affection (Romans 12:10), fear (Luke 12:5), anger (Psalm 37:8), joy (Psalm 5:11), grief (Proverbs 14:3)

Bottom line starter: Emotions are a gauge, not a guide. (Pause, Name, Get Curious)

**Week 2: Is Anger Ok?, Child Dedication, 9/17-18**

Verse: James 3:13-18

Bottom line starter: Anger indicates values or vices.

**Week 3: From Disappointment to Delight, 9/24-25**

Verse ideas: Psalm 18:3, Proverbs 3:4-8

Bottom line starter: Expectations and our ability to receive

**Week 4: Winning over Anxiety, Barb Roose, Guest speaker, 10/1-2**

**Verse:** Coming soon

**Bottom line starter:** Coming soon

**Goals:**

What next steps will we ask people to take?

- 1) Text in campaign "60 Days to Better Mental Health", Sept 12 –Nov 5 (ending right before At the Movies)
  - a) Companion campaign: 60 Days to Your Students Better Mental Health (for Parents 7-12th grade)
- 2) Join a Group

How are we measuring success?

- 1) 1000 for 60 day text-in campaign for adults
  - a) Goal for parent one pending
- 2) Campus goals

**Ministry Calendar and Holidays:**

Sept - Prayer Night hosted by campus (not every first Monday)  
Sept 1-18 Groups Kick-Off Continues  
Sept 9 - Second Sat Serve  
Sept 9/10 - Child Dedications, Group Leader Training  
Sept 17/18 - Fall Groups Launch  
Sept 19-Oct 15 DreamTeam Leader Kick-Off (campus choice)  
Sept 24/25 - Group Leader Training  
Oct 1/2 - Baptism

**Series Resources:**

<https://www.boundaries.me/categories-emotional>

**Family Ministries****Students**

[https://store.thinkorange.com/products/its-personal-book?\\_pos=12&\\_sid=239fb0e2d&\\_ss=r](https://store.thinkorange.com/products/its-personal-book?_pos=12&_sid=239fb0e2d&_ss=r)

**Kids**

Practical tools to coach your child's emotional intelligence (included as part of text campaign).

**Controlling Impulses:** <https://theparentcue.org/pcl-54-how-to-teach-emotional-intelligence-to-your-kids/>

**Understanding Your Emotions and Others:** <https://theparentcue.org/raising-emotionally-intelligent-teens/>

**Emotional Intelligence Skills:**

<https://www.focusonthefamily.com/parenting/5-emotional-and-relational-intelligence-skills/>