

Hope Chapel Series - *Living Beyond Our Setbacks*, Part 5

Message Summary: Have you ever had a sudden, intense emotional reaction to someone or something? Maybe the intensity of the emotion even surprised you? It probably surprised the people around you. What you may have experienced is what they call an emotional trigger. Triggers cause us to live in the emotional past and project these emotions into our current relationships. We feel the same emotions we had the first time even though the event may be separated by years or decades. Jesus wants to lead you to freedom. Commit to some steps today.

Living Beyond Emotional Triggers

1. What are emotional triggers?

- A. Defining emotional triggers.
- B. Origins of emotional triggers.
- C. What causes us to become triggered?
- D. Destructive coping mechanisms for triggers.

2. How can we move beyond emotional triggers?

- A. Acknowledgment and be honest. Psalm 51:6
- B. Seek outside perspective. (God and others). Proverbs 24:6
- C. Identify the source. Psalm 139:24
- D. Take practical steps.
- E. Utilize God's Word. 2 Timothy 3:16-17
- F. Pursue community. Colossians 3:12-14

LifeGroup Questions:

BEGIN IT – (5min) Praise song and opening prayer.

OPEN IT- (10min) Discuss what emotional triggers are and where do they come from?

EXPLORE IT- (60min) Follow Sunday's sermon outline together and add addition notes people made about the message.

1. Share how you see emotional triggers in your own life.
2. What are some destructive ways we can deal with emotional triggers?
3. Six ways were given to move beyond emotional triggers. Discuss the importance of each step and how we can apply it to our emotional trigger.

APPLY IT- (15min) What steps are you going to take to live beyond the emotional triggers that may be hindering your life?