

# Bible Study Thought-Provoking Questions

## EMOTIONS



The purpose of the questions is to facilitate a deeper understanding of the Bible, this Bible study topic and ourselves. The questions may be answered by each reader, or used by a Bible study group leader or church pastor. The following questions should be answered or discussed after reading “Emotions.”

There are two types of questions: lesson and opinion. Lesson questions (preceded by a number) are provided an answer. Opinion questions (preceded by an ①) are designed to enhance learning via personal reflection and opinions. As such, no answers are provided.

### Questions

- ① Which of the 6 basic emotions do you think is most prevalent in the world today? Explain.
- ① How do you define the emotion of anger?
- ① What causes anger to occur and grow within a person?
- ① What are potential consequences of anger?
- ① Why is it difficult for us to forgive?
- ① What would create a compelling desire within a person to overcome their anger?
- ① How can someone overcome their anger?
- ① Who gains the most benefits when one forgives another?
- 1. What is the difference between fear and anxiety?
- ① How prevalent is anxiety in people’s lives?
- ① What is the difference between earthly fear and Godly fear? Which is more important and why?
- ① Proverbs 1:7 says fearing God is the beginning of wisdom. How is this true?
- ① Which do you prefer: people fear you or people love you? Which do you think God prefers?
- ① What type of encouragement could you provide to someone who is experiencing sadness?
- ① Are you experiencing a negative emotion? If yes, is it possible one or both of the following may help?
  - Forgive because we are forgiven and for personal healing.
  - Let it go and trust in God.

### Answers

- 1. Page 8: Fear = Real threat or danger. Anxiety = Perceived threat or danger.