



The exercise below is available for your group to reflect upon emotionally charged experiences which occurred in the Bible. Use the questions in the last column as a guide for the group to consider how such emotionally charged situations might be experienced in their lives. A downloadable copy can be found @ www.artofinvitation.org.

Emotionally Charged Bible Accounts

| <i>Biblical Event</i> | <i>What is happening in the Bible story?</i> | <i>What emotion/s might have been experienced?</i> | <i>What emotion might you experience in a similar situation?</i> |
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| Genesis 20 | Abraham is afraid and adjusts his story and approach to seek safety. | Fear Ambivalence Anxiety | When you face a situation that seems impossible, do you ever feel afraid and anxious? How does your body experience fear (i.e. heart palpitations, clenched teeth, stiff body)? |
| Genesis 43: 30-31 | Joseph sees his younger brother for the first time after a long time of separation and trauma. | Flooded Overwhelmed | What emotions surface when you encounter a situation tied to prior painful life event? |
| John 11: 1-36 (especially 33-36) | Jesus weeps over the grief of his friends at the death of Lazarus. | Sadness, compassion, love | How do you experience grief? How do you respect the emotions of others who are grieving? |

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| Acts 23:1-5 | Paul is being accused of leading Gentiles away from Moses. | Anger Defensiveness Urgency Pressure | What happens when you feel threatened? |
| Acts 28:11-15 | Paul describes his feelings at the sight of others. | Encouragement Gratitude | What happens when you are with others where you belong, connect, and matter? |
| 2 Corinthians 11:28 | Paul describes pressure for the people, his work, and his hopes and dreams. | Anxiety Stress Angst | How does physical fatigue affect emotional pain and discomfort? How do your expectations affect the state of your emotions? |
| Philippians 2:28 | Paul sends Epaphroditus | Reassurance Support Community Anxiety Fear | What do you need from others to provide a secure base of support for you to be all you are designed to be? |
| 1 Thessalonians 3:1-5 | Paul is uncomfortable with not knowing the fate of those in Thessalonica. | Fear Anxiety | How do you wait for an uncertain outcome? |