

Message Notes | Resilient

Part 2: Emotional Resiliency

John 20:11-20

- think of resiliency like a 3-legged stool
- what's an emotion?
- Jesus experienced emotions (selected verses)

#1 _____ provides a way to be _____.

- Mary Magdalene had an emotional morning - **vs. 11-13**

#2 It's tempting to live by _____ rather than _____.

- Jesus shows up - **vs. 14-18**

#3 Emotional resiliency is _____ in the truth
that _____.

#4 Emotional Resiliency tools:

- _____ the emotion.
- _____ the emotion.
- _____ the emotion.

Begin your day with the _____.

Group Questions | Resilient

Part 2: Emotional Resiliency

John 20:11-20

1. The sermon defined emotions as signals that reflect how we are experiencing the world. Which emotions tend to show up most often in your life right now? What might they be signaling?
2. Jesus experienced a wide variety of emotions while on earth. As a group name at least 5. How does knowing Jesus felt deep emotions change the way you think about your own?
3. Which of the two unhealthy approaches to emotions do you tend to lean toward more: *stuffing emotions* or *letting emotions drive your life*? Why do you think you lean more in that direction?
4. **Read John 20:11-13.** What emotions do you see Mary experiencing, and why do those emotions make sense given her circumstances?
5. Even after encountering angels, Mary remains overwhelmed by grief. Have you ever experienced a moment when strong emotions make it difficult to see what God might be doing? Explain your answer.
6. **Read John 20:14-18.** What changes for Mary when she realizes that Jesus is alive? Still today, emotional resiliency is anchored in the truth that Jesus lives. Realign fear, guilt anger, sadness, etc with the truth of the resurrection.
7. The sermon introduced the **IVA** tool as a way to manage emotions. As you consider your own emotions, what truth or promise of God do you most need to remember for aligning your emotions?

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- think of resiliency like a 3-legged stool
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#1 Jesus provides a way to be emotionally resilient.

- Mary Magdalene had an emotional morning - **vs. 11-13**

#2 It's tempting to live by emotions rather than truth.

- Jesus shows up - **vs. 14-18**

#3 Emotional resiliency is anchored in the truth that Jesus lives.

#4 Emotional Resiliency tools:

Identify the emotion.

Validate the emotion.

Align the emotion.

Begin your day with the resiliency prayer.

Bible Reading for Today

John 20:11-20

¹¹ Now Mary stood outside the tomb crying. As she wept, she bent over to look into the tomb ¹² and saw two angels in white, seated where Jesus' body had been, one at the head and the other at the foot.

¹³ They asked her, "Woman, why are you crying?"

"They have taken my Lord away," she said, "and I don't know where they have put him." ¹⁴ At this, she turned around and saw Jesus standing there, but she did not realize that it was Jesus.

¹⁵ He asked her, "Woman, why are you crying? Who is it you are looking for?"

Thinking he was the gardener, she said, "Sir, if you have carried him away, tell me where you have put him, and I will get him."

¹⁶ Jesus said to her, "Mary."

She turned toward him and cried out in Aramaic, "Rabboni!" (which means "Teacher").

¹⁷ Jesus said, "Do not hold on to me, for I have not yet ascended to the Father. Go instead to my brothers and tell them, 'I am ascending to my Father and your Father, to my God and your God.'"

¹⁸ Mary Magdalene went to the disciples with the news: "I have seen the Lord!" And she told them that he had said these things to her.

¹⁹ On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jewish leaders, Jesus came and stood among them and said, "Peace be with you!" ²⁰ After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord.