



I Guess I Just Feel Like, Week 3, October 18, 2026

Stop Stuffing It

This isn't a message about becoming more emotional. It's a message about becoming more emotionally honest and learning how to respond appropriately to what is happening inside you.

Situation: I Samuel 23:13-29

Journal Entry: Psalm 142:1-7

1. **Emotional strength isn't pretending you don't feel something. It's knowing what to do with what you feel.**
 - a. **Name It.** What am I actually experiencing? Psalm 142:1-7
 - b. **Own It.** Don't blame somebody else for everything happening inside you. Psalm 142:6
 - c. **Bring it to God.** You may not be responsible for what happened to you, but you are responsible for what you do next. Psalm 142:5
 - d. **Respond, Don't React.** Ephesians 4:26-27A, Psalm 142:7
2. **Emotion is information. It isn't instruction.**
 - a. **Share it.** Talk to somebody. Not everybody. Psalm 142:1-2. Matthew 11:28-30.

Name It → Own It → Bring It → Respond → Share It

Discussion Questions:

1. When you are faced with a challenging situation and your emotions run high, **how do you respond when you're at your best?**

How do you respond when you're at your worst?

Pastor Nick gave many examples of common responses: Some withdraw. Some numb. Some stay busy. Some escape. Some stuff it. **Which of these are you most likely to do?**

2. We saw in the scriptures that David was very emotionally honest. David could essentially say: I'm angry. I'm afraid. I'm discouraged. I'm lonely. I'm exhausted. I feel abandoned. **Describe a time in your life when you felt one of these emotions. Were you emotionally honest in your response? If so, how so? If not, what could you have done differently?**
3. When you feel yourself dealing with a difficult emotion, are you able to identify and name the emotion you are feeling? **Describe a time you did this.**
4. Read Psalm 62:12. When David was dealing with difficult situations and emotions, what was his default response? Is this your default response?
5. **When dealing with a difficult emotion or situation, is it common for you to become angry?** Read Ephesians 4:26-27A. Pastor Nick made the point that there's a difference between experiencing anger and letting anger determine your behavior. **What is the best way you can deal with your anger?**
6. David was emotionally honest and was willing to state the emotion he was feeling, and then he did something about it. He took it to God. That's the distinction. **What is the best way for you to take something to God? Prayer? Reading scripture? Journaling? Some other way? Describe a time when you did this.**
7. Read Matthew 11:28-30. What about this invitation given by Christ is most appealing to you?
8. **Where do you go when you need to take something to God? Your bedroom? Your office? A walk outside? Your car?**
9. The fifth action to take that Pastor Nick named when dealing with a difficult emotion is to share it. **Is this something that you do, or do you keep things to**

yourself? Do you have somebody you can trust that you can talk to when dealing with difficult emotions? Pastor Nick gave a few different examples, including a trusted friend, your spouse, your small group leader, a family member, a pastor at the church. Which of these is the best option for you?