



IGNITE CONFIRMATION

Jesus and the Psalms

Small Group Discussion

Feelings

- What feelings do you feel like “aren’t allowed”?

Rank yourself from 1-10:

How comfortable are you sharing your anger? ____

How comfortable are you telling other people about what scares you? ____

How easy is it for you to tell other people when and why you are sad? ____

Do you always tell other people what makes you excited and happy? ____

If something disgusts you, do you let other people know? ____

- Who, if anyone, do you think keeps you from sharing your feelings?
Is it you? Your parents? The need to be “good” at church?

As part of your highs and lows tonight, share with your group something that makes you feel each one of these emotions.

Tonight, close in prayer and thank god for the good things, complain about the bad things, and don’t be afraid to tell God what is making you angry, scared, or sad.



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Homework

Prayer

Write your own version of the Psalm! Choose one of the emotions we talked about: anger, sadness, joy, fear, disgust. Tell God what makes you feel that emotion, when you have felt it before, what it reminded you of, and how you are thankful God was there / how you wished God would have been there during that feeling.

Praise

On the Instagram page (@wflc_youth), Shane is going to share a Spotify Playlist with songs that quote the Psalms. Listen to that playlist, and say which is your favorite, and why (*for those without Spotify, you can find most of them on YouTube*).

Song:

Reason: