

Angry

Disgusted

Ashamed

Humbled

Terrified

Trusted

Betrayed

Proud

Rejected

Overwhelmed

Deceived

Desperate

Hopeful

Confident

Amazed

Loved



Making Connections

1. Without looking, **one** person in the group picks a card out of the 'Emotions Cards' envelope. Then use the word on the card to insert wherever '*****' appears in the instructions below.
2. Alone - **think** of one thing that has made you ***** recently.
3. In your group — **share** above *very briefly* and choose one issue that most people relate to, to work with.
4. Together — **identify** a bible passage that relates to the issue you have chosen.
5. Look at the Bible passage together.
6. In your group — **consider** the issue you have chosen in relation to the Bible passage.
7. **Look for:-**
 - a) any light that the bible passage throws on your chosen issue.
 - b) any action that any of you are going to take as a result of this.



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