

12:00



Life Advice

Words to live by from the book of Proverbs



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July 19, 2026
Life Advice Week 11
Main Text

Pastor Trey Hildebrant
Emotions
Proverbs 15

Discussion Questions

Belong: Icebreaker

What has been your favorite part of studying Proverbs this summer? What week stood out the most? Have you learned anything new? Take some time to look back as a group and discover what God has been doing in your lives over the past few weeks!

Week 1: Overview - fear of the Lord

Week 2: Keeping Your Heart

Week 3: The secret to Trusting God

Week 4: Humility

Week 5: Wisdom and blessing

Week 6: Friendship

Week 7: Building a righteous home

Week 8: The power of words

Week 9: The Favor of God

Week 10: Self-control

Read Matthew 7:24-27

What does a wise person do? What does a foolish person do? What happens to both the wise and the foolish? What is different? How is this in alignment with what we've been learning in the book of Proverbs?

Believe:

This week we are going to talk about what Proverbs has to say about Emotions.

Share: *"Proverbs is FULL of guidance for how to handle the emotions we feel every day. From happiness to sadness, and anger and envy and apathy...and so many emotions in between. God's Word speaks to how we feel."* Pastor Trey Hildebrant

Read these verses and name the emotions expressed in these passages:

Mark 1:41, 3:5

John 11:35, 15:11

What does this tell you about emotions?

Emotion #1: Read Proverbs 15:15, 30; 17:22

What emotion do these Proverbs speak to? What do you learn about that emotion? Have you experienced this in your life? Share a story when this emotion was evident in your life or someone else's.

Is there ever a risk of focussing too much on happiness? Why or why not?

Emotion #2: Read Proverbs 15:13, 17:25

What emotion do these Proverbs speak to? What do you learn about that emotion? Have you experienced this in your life? Why do you think God allows us to experience sadness?

Read John 16:33

What does Jesus have to say about sorrow and sadness? Why does this give us hope?

Emotion #3: Read Proverbs 14:29, Proverbs 29:22

What emotion do these Proverbs speak to? What do you learn about that emotion? Have you experienced this in your life? Why are we at risk when anger takes control?

Read Proverbs 16:32

What is the answer to anger? How can you practically “slow your anger down”?

Become:

Share: “No matter where you are emotionally today. Whether you feel OUT OF CONTROL and feel everything...or you’ve been ignoring your emotions, and you want to feel more, God is inviting you to bring your emotions under His leadership and guidance. ” Pastor Trey Hildebrandt

Take some time to personally reflect on emotions that may be taking control of your life that you need to surrender to the Lordship of Jesus. If this discussion has stirred up some things in your group, commit to praying for each other.

Spend time in prayer as a group.

Closing:

- First Orlando has a counseling center right here on campus. If you or any of your group members would like to speak to a counselor about their emotions or managing their everyday lives, you can direct them to their website at: <https://firstorlandocounseling.com/>
- Next week is our last week in our Life Advice Series! Who can you invite to church for our last discussion on this amazing book?
- Encourage your group members to sign up for daily Scripture and prayer texts this week by texting ‘daily’ to 40777.