

# ALL THE FEELS—TOGETHER!

*Discussion Starters and Activities  
for Mothers and Daughters, Mentors and Mentees*

The only thing better than growing in your emotional life is growing closer to other people at the same time! This section offers ideas for conversations and activities you can do with a godly woman in your life: your mom, an aunt, a grandmother, or a spiritual mentor.

The idea is that they can read *All the Feels* (my book for adults) while you read *All the Feels for Teens*, and then you can talk about what you're learning together.

The discussions and activities are organized based on the chapters in *All the Feels for Teens*. There are a few different options for each chapter. You can choose whichever discussions and activities most appeal to you—make this your own!

I'm excited for you to grow together! Honored that you've chosen *All the Feels* and *All the Feels for Teens* to help you on that journey. Eager to hear how it's going. Thrilled, humbled, tickled pink . . . well, you know. All the feels.

## CHAPTER 1: ALL THE FEELS, ALL THE TIME

### Discussion Starters

1. How does it change your view of God when you think about him creating emotions and experiencing them himself?

2. Are there certain emotions you can easily picture God having and some that are hard to imagine him having? Which ones?

### Activity

Test your knowledge of God's emotions by answering True or False to each of these statements:

1. God gets angry.
2. God experiences joy.
3. God feels grief.
4. God is afraid.
5. God feels proud of things he has done or made.
6. God wants to feel love from people.
7. God feels insecure.
8. God is jealous.
9. God can feel betrayed or rejected.
10. God feels compassion.

Now check out these Scriptures as you discuss whether the above statements are true or false:

1. 2 Chronicles 30:8; Psalm 86:15
2. Psalm 104:31; Zephaniah 3:17; Isaiah 65:19
3. Genesis 6:6
4. Isaiah 12:2, 41:14
5. Genesis 1:31
6. Matthew 23:37
7. Isaiah 44:7-8
8. Psalm 79:5
9. Jeremiah 3:19-20; Luke 22:48
10. Isaiah 49:13

## CHAPTER 2: FINDING YOUR FEELING TYPE

### Discussion Starters

Take the “What Kind of Feeler Are You?” quiz on page 20 together and determine what kind of feeler you are. Discuss these questions:

1. In what ways are you similar to each other in terms of your emotional makeup? How are you different?
2. How does your feeling type show itself in your life, your relationships, and your faith?
3. What’s your favorite thing about your feeling type?

### Activities

1. Scripture challenge: Pick an emotion to focus on, like anger, joy, peace, patience, or insecurity. Find as many verses as you can to address that emotion. Choose one passage to memorize together.
2. Help each other brainstorm some ways you can encourage someone using the gifts of your feeling type this week.

## CHAPTER 3: WHEN FEELINGS TELL LIES

### Discussion Starters

1. Discuss the “Myths about Feelings” chart in chapter 3.
2. Which myth (or myths) are you most often tempted to believe? Why?

### Activities

1. Scripture challenge: Every day this week, choose one adjective from the Philippians 4:8 list as your theme for the day (true, noble, right, pure, etc.). When you think of or notice something that fits that adjective, send each other a text or picture describing it. At the end of the week, discuss how this activity affected your mood throughout the week.

2. Think about something you feel worried or upset about. Go through the acknowledge/assess/address or adiós process with that thought. What did you learn about your thought process through this exercise?

## **CHAPTER 4: WHO'S CALLING THE SHOTS?**

### **Discussion Starters**

1. Describe a time when you didn't want to follow God's ways but you chose to do the right thing anyway. What happened, and how did you feel in the end?
2. Now describe a time when you didn't want to follow God's ways and you didn't. How did that turn out?

### **Activity**

Take a look at the “believe God” statements on page 47. Which of those statements do you find easiest to believe? Which are hardest to believe? Brainstorm a few more statements of your own to add to the list—truths you want to cling to instead of how you're feeling in any given moment.

## **CHAPTER 5: WHAT GOD HAS TO SAY TO YOU**

### **Discussion Starters**

1. What do you enjoy about reading the Bible? What do you find difficult or intimidating? Which parts of the Bible are easy for you to understand, and which are more difficult?
2. What questions do you have about faith or the Bible? What would you like to learn more about? What are some ways you could start learning about those things?
3. Share about a time when a Bible verse had a big impact on your heart.

## Activities

1. Buy or make journals where you can both record lifeline verses as you find them. If you enjoy being crafty, decorate and personalize your journals together!
2. Scripture challenge: Share a Bible verse that has strengthened your faith or helped you through a difficult time. Memorize it and add it to your list of lifeline verses!

## CHAPTER 6: HANDLING ALL THE FEELS AT HOME

### Discussion Starters

1. This chapter describes three qualities we need to cultivate at home: selflessness, self-awareness, and self-control. Which of these qualities do you find easiest to embrace?
2. Which do you find more difficult? Why?

## Activities

1. Take the “Big Feelings Check” quiz on page 68 and discuss your answers together.
2. Write down some of the warning signs that indicate your big feelings are getting the best of you. Do you . . .
  - get cranky?
  - distract yourself by becoming overly busy?
  - numb yourself with social media?
  - turn to comfort foods?
  - withdraw from other people?
  - become impatient and irritable?

Share your warning signs with each other. How can you support each other when you notice that the other person’s warning signs are going off?

ALL THE FEELS FOR TEENS

3. Take another look at the chart on page 80 that shows you how to reframe dramatic thoughts. Now use the chart on this page to write down some thoughts you've had recently and reframe them according to God's perspective.

<b>A DRAMATIC THOUGHT YOU STRUGGLE WITH:</b>			
<b>REFRAME THAT THOUGHT IN A MORE GODLY OR REALISTIC WAY:</b>			
<b>A SCRIPTURE THAT BACKS UP YOUR NEW THOUGHT:</b>			

## CHAPTER 7: HOW GOD FEELS ABOUT YOU

### Discussion Starters

1. Where does your view of yourself come from? How did reading this chapter change the way you think about yourself?
2. How do you think God feels about you? Which of these statements is easiest for you to believe, and which is most difficult? Why?
  - You are blameless.
  - You are never forgotten.
  - You are forgiven.
  - You are understood and known.
  - You are God's beloved child.

### Activities

1. Find a few Scriptures that describe God's feelings toward you and add them to your list of lifeline verses. Pick one to discuss or memorize together.
2. Choose a verse that talks about the way God sees you. Now get crafty together! Print out your verse in a pretty font, or get out your favorite colored pencils or markers and write the passage by hand. (You can find fun, free calligraphy tutorials online!) Tape the verse to your mirror this week to remind you of your true identity.

## CHAPTER 8: WHEN YOU CAN'T DEAL

### Discussion Starters

1. Take the "How Drama Prone Are You?" quiz on page 107 and discuss what you learned about yourself.

2. Describe a time when you were anxious and God took care of you. How specifically did he take care of you? Did he . . .
  - provide a friend to support you?
  - help you find a solution to a problem?
  - give you strength and courage?
3. As you remember the care and faithfulness God has already shown you, how does that change the way you view your current problems and worries?

### Activities

1. Write down something you are each feeling overwhelmed about. Then go through the six strategies for dealing with overwhelming feelings together.
2. Take time this week to text encouraging Scriptures to each other about trusting God and embracing peace.
3. Find a Bible verse that describes how powerful and capable God is in caring for you. Memorize it and add it to your list of lifeline verses.

## CHAPTER 9: WHEN FEELINGS CRASH THE FRIENDSHIP PARTY

### Discussion Starters

1. Describe the qualities you'd want in an ideal friend.
2. Which friendship myth(s) do you wrestle with? Why do you think people buy into this misconception?
3. Which friendship blocker do you struggle with the most? Which friendship booster do you want to add into your life?



### Activities

1. Take “The Friendship Checkup” quiz on page 126 and discuss your answers together.
2. Do something fun together this week!
3. What is going well in your friendships? What do you wish were different? Pray together about those things.

## **CHAPTER 10: PRAYING THROUGH ALL YOUR EMOTIONS**

### Discussion Starters

1. How do you feel about your prayer life? What do you enjoy about prayer?
2. Does any aspect of prayer feel uncomfortable, awkward, or intimidating? What would you like your prayer life to feel like?

### Activities

1. Try out one of the “ways to pray” together and then talk about it afterward. What did you think of the experience?
2. Create a worship playlist together! Come up with a list of worship songs that help you both to connect with God emotionally, and share your playlist.

## **CHAPTER 11: WHEN GUILT COMES KNOCKING**

### Discussion Starters

1. How often do you struggle with feelings of guilt? What did you learn from this chapter that might help you when you feel guilty?
2. How can you tell the difference between phantom guilt and legitimate guilt?

### Activities

1. Pay attention to little encouragements God sends you each day to show you his love (a nice text from a friend, a homework-free night, even getting that parking space you prayed for!). Spend a week writing down these things every day, then share your list with each other. Spend some time together thanking God for his gifts!
2. Scripture challenge: What's your favorite Scripture about grace, and why? Talk about it or memorize it, and add it to your lifeline list!

## CHAPTER 12: ALL THE SWOONS

### Discussion Starters

1. Ask your mom or mentor to share about one of their middle or high school crushes or boyfriends. If they were to do it over again, would they do anything differently?
2. Talk about where you are with dating. Are you ready to date yet? Why or why not? What are some guidelines you'd like to establish in your relationships/interactions with guys? If you're making decisions about whether to date a particular boy, talk through the sidebar lists/questions together.

### Activity

Scripture challenge: Find a Bible verse that makes you feel loved by God. Write it down or memorize it, and add it to your lifeline list.

## **CHAPTER 13: SOCIAL MEDIA: THE GOOD, THE BAD, AND THE AIRBRUSHED**

### **Discussion Starters**

1. Read Colossians 3:1-2 together:

Set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things.

What earthly things tend to take up a lot of your thoughts? What are some godly things you can focus on? How can you set your mind more on things above?

2. How does social media affect you? How would you describe its influence on your faith? Your relationships? Your spiritual and emotional health?

### **Activities**

1. Take the social media quizzes on pages 178–179 and discuss your results. What did you both learn about yourselves?
2. Scripture challenge: Find a Bible verse that you want to guide your words and actions on social media. Talk about it or memorize it, and add it to your lifeline list!

## **CHAPTER 14: WHERE DO WE GO FROM HERE?**

### **Discussion Starters**

1. Encourage the other person by describing some ways you've seen them grow as they've read this book.
2. Discuss the journal prompts at the end of the chapter together.

## Activities

1. Pray together about what you've learned and how you'd like to use your emotional gifts moving forward.
2. Find or make a memento to mark your journey together. Look through your own stuff and find something that reminds you of the other person's personality and feeling-type gifts. Maybe it's a piece of jewelry or a book or a piece of artwork. Give it to them as a memento of your time together. If you like being crafty, you could make this a craft challenge instead. Get out a bunch of art supplies and make each other something (a bookmark, a painting, a drawing, a card, a bracelet) as a reminder of the moments you've shared.
3. Go out for ice cream or cake or coffee or tea (or whatever floats your taste-bud boat!) to celebrate the time you've spent growing together in your faith and feelings.