



ALL THE FEELS **FOR TEENS**

DISCUSSION GUIDE

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Dear friends,

!! Am! So! Excited! (Sorry. Big-feeler warm-fuzzy moment.) The only thing better than growing in your emotional life is growing closer to other people at the same time! Maybe you are reading *All the Feels for Teens* with your youth group, small group, book club, or a few friends . . . Whoever you are meeting with, I'm thrilled that you are using this book as a way to connect with your emotional side, with your Creator, and with other believers.

In this discussion guide I have tried to make life super easy by giving you a ready-made discussion plan. Before each meeting, ask everyone in the group to read the chapter(s) you plan to discuss. For every chapter, you've got an icebreaker question to get everyone talking, followed by a few discussion questions. Some discussions also include suggestions for optional activities. These activities are designed to help you use what you are learning in your daily life and to give your group members meaningful ways to connect outside the scheduled meetings. They are meant to be helpful and fun suggestions, not burdensome duties, so use them however you choose!

This is not meant to be a rigid guide, but rather a starting place to get the words—and feels!—flowing. Feel free to adapt the questions and activities however you need. You probably won't have time to talk through every question for every chapter—the number of questions you get through just depends on the size of your group and their chattiness level!

If your group only meets a few times, you may not be able to discuss every chapter in the book—you may need to pick the chapters and questions that most apply to your group. Again, adapt this guide however you need!

Please know that you are always on my heart and in my prayers. I'd love to meet your group on social media—or in person! My big-feeling heart absolutely loves connecting with readers—I'd love to hear how your discussions are going! To arrange for me to visit your book club or ministry in person or online, please reach out through the contact page on my website: lizzylife.com/contact/.

I'm excited for you to grow together! Honored that you've chosen *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.

All my love, Elizabeth

NOTES FOR GROUP LEADERS

You are offering such a gift to God's people by facilitating a discussion group! I know how much heart and work and prayer goes on behind the scenes when you're leading a group like this . . . thank you for your effort and heart! I picture our Father leaning down to whisper, "Well done, good and faithful servant. Thank you for loving and serving my children."

My goal with this guide was to make your job as easy as possible. I have provided icebreaker questions, discussion questions, and activity ideas for all fourteen chapters in *All the Feels for Teens*, but unless your group plans to meet fourteen times, you won't be able to get through all of this material! You will most likely be discussing two to three chapters at each meeting, so before your meeting, you will need to look through the icebreaker questions, discussion questions, and activity ideas for the chapters your group plans to cover and pick the ones you want to discuss in your meeting. Some of the icebreakers and discussion questions are light and fun; others push the group to dive a little deeper. You know your group: what they need, what they like talking about, and how comfortable they feel opening up to each other, so . . . do what you think will work best for them! Choose and lead with confidence, and may God bless your times together!

SUGGESTED SCHEDULE FOR A SIX-WEEK GROUP

- WEEK 1:** Chapters 1–2
- WEEK 2:** Chapters 3–5
- WEEK 3:** Chapters 6–8
- WEEK 4:** Chapters 7–9
- WEEK 5:** Chapters 10–11
- WEEK 6:** Chapters 12–14

SUGGESTED SCHEDULE FOR AN EIGHT-WEEK GROUP

- WEEK 1:** Chapters 1–2
- WEEK 2:** Chapters 3–4
- WEEK 3:** Chapters 5–6
- WEEK 4:** Chapters 7–8
- WEEK 5:** Chapters 9–10
- WEEK 6:** Chapters 11–12
- WEEK 7:** Chapters 13
- WEEK 8:** Chapters 14 (*Consider making your last meeting a discussion slash-celebration!*)

Note: I suggested devoting week 7 entirely to chapter 13, "Social Media: The Good, the Bad, and the Airbrushed," since most girls have a lot to say and process when it comes to social media. If you don't want to devote an entire discussion to social media, you can easily swap things around! As an alternate, you might consider devoting an entire week to chapter 9, "When Feelings Crash the Friendship Party."

CHAPTER 1: ALL THE FEELS, ALL THE TIME

Icebreakers:

- What's the best dessert you've ever eaten?
- If your emotions from last week had a theme song, what would it be?

Discussion Questions:

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 Idea (for during the group meeting):

Break into groups of two or three and spend ten minutes looking for Bible passages that show God exhibiting emotions. Come back together and share the verses you found with the group. What do you learn about God from these passages?

Tip You can use the search feature on [BibleGateway.com](https://www.biblegateway.com) or a Bible app to help you search. Try search terms like "God" and "joy" and "love" and "anger" and "patient" and "grieve," and see what turns up!

CHAPTER 2: FINDING YOUR FEELING TYPE

Icebreakers:

- What's the first concert you ever went to?
- What's your emotional superpower? (In other words, what positive emotion do you excel at expressing? Think about emotions like compassion, joy, patience . . .)

Discussion Questions:

1. What is your feeling type? (The "What Kind of Feeler Are You?" quiz is available in the book and is also available online at elizabethlaingthompson.com.) How does your feeling type show itself in your life, your relationships, and your faith?
2. What's your favorite thing about your feeling type?
3. What's the most challenging part about your feeling type?
4. Brainstorm the ways you can encourage someone using your feeling type this week.

Activity Idea (for during the group meeting):

If your group is large, once you get to discussion question 2, you could split up into groups based on feeling type: a group for big feelers, a group for steady feelers, and a group for reluctant feelers. Then answer discussion questions 2, 3, and 4 in feeling type groups.

Activity Idea (for after the group meeting):

Before you leave today's meeting, pair up with a partner, and choose a specific emotion you want to focus on this week, like anger, joy, peace, patience, or insecurity. As the week goes on, look for Bible verses that talk about that emotion, and text those verses to each other.



CHAPTER 3: WHEN FEELINGS TELL LIES

Icebreakers:

- What was your favorite grade in school and why?
- What's your emotional kryptonite? (In other words, what's something that sets you off emotionally?)

Discussion Questions:

1. Everyone struggles with different feelings. Some people wrestle often with insecurity; others face constant anxiety. Which feelings make it most difficult for you to think clearly and find the facts?
2. Describe a time when you acted on a feeling that turned out to be false. What can help you to see through false feelings in the future?
3. Discuss the "Myths about Feelings" chart. Which myth (or myths) are you most often tempted to believe? Why?

Activity Idea (for during the group meeting):

Partner up with someone and share something you feel worried or upset about. Together, go through the acknowledge/assess/address or adiós process with that thought. What did you learn about your thought process—and each other—through this exercise?

Activity Idea (for after the group meeting):

Pick a partner in the group. Make Philippians 4:8 your theme verse for the week. When you think of or notice something that fits one of the adjectives from the list (true, noble, right, pure, etc.), send your partner a text or picture describing it. At the end of the week, discuss how this activity affected your mood throughout the week.



CHAPTER 4: WHO'S CALLING THE SHOTS?

Icebreakers:

- What is the best gift you have ever received?
- What Bible character do you relate to the best?

Discussion Questions:

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?
3. As a group, read the "believe God" statements on page 47. Which of those statements do you find easiest to believe? Which are hardest to believe?

Activity Idea (for during the group meeting):

Brainstorm a few more statements of your own to add to the "believe God" list—truths you want to cling to instead of how you're feeling in any given moment. Write them on a whiteboard if you have one in the room, or have someone take notes and create a document to share with the group.

CHAPTER 5: WHAT GOD HAS TO SAY TO YOU

Icebreakers:

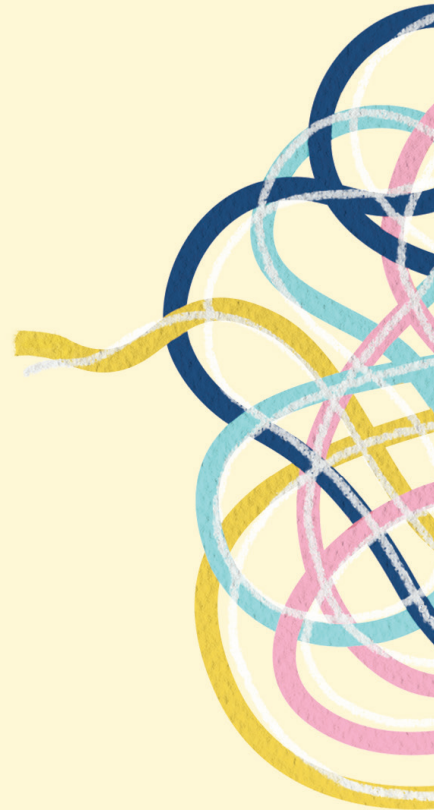
- If you had to live without one of these things, which would you choose: smartphones, books, or desserts?
- Describe a time when a Bible verse moved you powerfully.

Discussion Questions:

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. Share a Bible verse that has strengthened your faith or helped you through a difficult time.
3. What's your best tip for reading the Bible? Maybe you could share a strategy that helps you, or recommend a favorite Bible book or devotional book, or share a favorite devotional plan on a Bible app.

Activity Idea (for during the group meeting):

Create a list of your group's favorite go-to verses—perhaps you could use one word to describe the verse's topic for easy reference (for example, "faith" or "worry" or "courage.") Everyone can contribute a favorite verse or two, and someone in the group can create a list for all of you to share.



CHAPTER 6: HANDLING ALL THE FEELS AT HOME

Icebreakers:

- If you could live anywhere in the world for a summer, where would you want to live?
- What's your favorite family tradition?

Discussion Questions:

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 most difficult? Why?

Activity Idea (for during the group meeting):

1. Take the quiz on page 68 and discuss your answers together.
2. Pair up with a partner and share 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?

CHAPTER 7: HOW GOD FEELS ABOUT YOU

Icebreakers:

- If you could live in a fictional world from a book or movie, where would you live?
- Share about a time when you felt deeply close to God.

Discussion Questions:

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 the statements below 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.
3. Find a Scripture that describes God's feelings toward you and share it with the group.

Activity Idea (for during the group meeting):

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 on your bathroom mirror or in your room this week to remind you of your true identity.

CHAPTER 8: WHEN YOU CAN'T DEAL

Icebreakers:

- If your Inner Drama Queen decorated a bedroom in your heart, what would it look like?
- What would your Inner Drama Queen's name be and why?
- Who do you admire most and why?

Discussion Questions:

1. Take the "How Drama Prone Are You?" quiz 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?

Activity Idea (for during the group meeting):

Take a few minutes to find a Bible verse that describes how powerful and capable God is in caring for you. Pair up to search if you'd like, then share your verse with the group.

Activity Idea (for after the group meeting):

Find a partner in the group—ideally someone who hasn't been your partner in a previous week! Take time this week to text encouraging Scriptures to each other about trusting God and embracing peace.

CHAPTER 9: WHEN FEELINGS CRASH THE FRIENDSHIP PARTY

Icebreakers:

- Who was your best friend when you were little?
- What celebrity do you wish you could be friends with, and why?

Discussion Questions:

1. Describe the qualities you value most in friendships.
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?
4. Which friendship booster do you want to add into your life?

Activity Idea (for after the group meeting):

Pick a partner from the group and ask them what you can pray for them about this week. Pray for each other every day!

CHAPTER 10: PRAYING THROUGH ALL YOUR EMOTIONS

Icebreakers:

- If you had to live on two foods for the rest of your life, what would you choose?
- Share about a time when God answered a prayer you thought was impossible.

Discussion Questions:

1. 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?
3. Share about a special prayer you've had or a time when prayer made a big difference in your life. For example, maybe a prayer helped you make a decision, or make a change, or offer someone forgiveness, or find peace or courage.

Activity Idea (for during the group meeting):

Create a worship playlist together! Come up with a list of worship songs that help you to connect with God emotionally, and share your playlist together.

CHAPTER 11: WHEN GUILT COMES KNOCKING

Icebreakers:

- Finish the sentence: I wish I had a hundred . . .
- What's the worst trouble you got into when you were little?

Discussion Questions:

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?
3. What's your favorite scripture about grace, and why?

Activity Idea (for after the group meeting):

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 night before you go to bed, then share a few of your favorite moments with a friend from the group.

CHAPTER 12: ALL THE SWOONS

Icebreakers:

- What's your favorite romantic comedy?
- Which Disney prince was your favorite when you were little?

Discussion Questions:

1. What qualities are important to you in a dating relationship?
2. Share a Bible verse that makes you feel loved by God.
3. How can being emotionally close to God help you be confident in yourself and wait patiently for the right guy to come along?

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



Icebreakers:

- From what you've heard and seen, which decade do you think was the best for teens: the 1980s, 1990s, 2000s, 2010s, or today? Why?
- Describe a time in your life when you felt the most confident.

Discussion Questions:

1. Read Colossians 3:1-2 (NIV) 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 would like to focus on more often? 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?
3. Break into groups of two or three and spend a few minutes finding some Bible verses that you want to guide your words and actions on social media. Come back together and share your verses with the group.

CHAPTER 14: WHERE DO WE GO FROM HERE?

Icebreakers:

- Describe one of your happiest childhood memories or favorite vacations.
- What part of your feeling type is the most like God?

Discussion Questions:

1. What's something you have learned about yourself during this group?
2. What's something you have learned about God from reading this book?
3. Encourage someone in the room by describing some ways you've seen them grow as they've read this book.
4. How do you want to continue to grow in your emotional life from here?

Activity Idea (for during the group meeting):

Make your last meeting a party! Bring food to share, make a hot chocolate bar, or go out for dessert (or whatever floats your group's taste-bud boats!) to celebrate the time you've spent growing together in your faith and feelings.

