

# **The Pray More Healing Retreat Study Guide**

## **Anger, Fear, Loneliness, and Sorrow with Jeannie Ewing**

### **Reflective Questions**

“And Jesus wept.” - John 11:35

1. Even though dark emotions like anger, fear, loneliness and sorrow tend to be viewed as negative or harmful, they can actually be useful for us. Do you tend to think of your dark emotions in a negative light?
2. Sometimes experiencing dark emotions like anger, fear, loneliness or sorrow can help lead to healing or to other positive outcomes. Have you ever had a dark emotion lead to a positive outcome?
3. One of the first steps to reach healing is to recognize what dark emotions we're experiencing. It can be important to acknowledge our dark emotions instead of trying to distract ourselves from them. What dark emotions are you experiencing most in your life right now?
4. God can work through our dark emotions to bring about good. Ask God why you are experiencing your dark emotions. What might He want you to learn from the dark emotions you're experiencing?