

## 50 Shades of Cray - May 10 - Mother's Day

### Introduction

According to the Urban Dictionary, *Cray* means crazy, wild, out of the box, insane. So how many of us feel that life can be crazy, insane, and out of the box? For moms, they probably feel this way more often than the rest of us because of all the things they are juggling everyday. Getting the kids up and ready for school, lunches, work, dinner, homework, laundry, cleaning, grocery shopping, activities...Woah! It's exhausting just listing these and that often times is just half of the list. That's enough to make anyone go or feel crazy. Now throw in family, neighbors, friends, boss, employees, and we are ready to lose it some days. We all know that a life led by emotions can become as "Cray Cray" as emotions are but God said we have a choice to live a life of peace by setting our minds towards Him.

### Discussion Questions

1. Do you ever use the Emotion Icons when sending a text message or email? If so, what are some of your favorite Icons and what are you usually feeling when you find yourself using them? .
2. Talk about some emotions you are feeling right now at this particular time in your life? What's been going on that has caused you to feel or express these emotions?
3. In the message Heather said; "emotions are good and God given indicators that help us understand what we are feeling and thinking about particular moments in life. How have emotions helped you realize what you were feeling and thinking at a particular time in your life? Have you ever been surprised by your own emotions before? If so, please share with the group what was going on in your life when this happened.
4. In the message we learned a simple way to discover what emotion we are feeling by asking the question; *am I mad, glad, sad or scared?*. Let's ask ourselves this question and then share with the group what emotion you are most feeling at this moment and why you believe you are feeling it.
5. Read [Romans 8:5&6](#). What do you believe God means when He says those who live according to the flesh set their minds on the flesh? What do you believe God means when He says those who live according to the Spirit set their minds on the Spirit? What do you believe it means to "set" one's mind on something?
6. What are some ways you could set your mind on God and His Spirit in your life? How can this group help you in setting your mind on God and His Spirit?

### Moving Forward

Often times we can use emotions to justify unhealthy behaviors or decisions. God calls us to live a life of principles rather than emotions. By putting our minds towards God's principles (His will and way) we can get off the roller-coaster of emotions and begin partnering with God in His peace and promises. Here are some ways we can put our minds on God... will you begin right now? Abide in His word / Have a Prayer time / Get sleep and rest / Eat right and exercise / Take Time for yourself / Have a Date night with your spouse / Schedule time for a Friend night out.

### Changing Your Mind - Commit this to memory

For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. - [Romans 8:5-6](#) (ESV)