

WORD ^{of} LIFE

Chapter 6

Lesson Enhancement Video: The Passions

- **Start with personal experience:** *Do you ever feel swept away by your passions or emotions?* (Pause.)
 - *Can you name some times when your emotions and passions get the best of you?* (Answers may vary.)
 - *Are there times when you get really angry or sad? What is that like?* (Answers may vary.)
- **Relate students' experiences back to the video:** *How are our emotions like a river?* (Like a river, our emotions are not necessarily bad, but they need to be controlled and directed.)
 - *What would it look like for our emotions to be out of control?* (Answers may include throwing a fit, impatiently cutting in front of someone, or being so overwhelmed with sorrow that we no longer want to be with our friends and family.)
 - *What would it look like for our emotions to be in control?* (Answers may include holding our tongue when we get angry, standing at the back of the line and taking a deep breath, and allowing our friends and family to help us when we are sad.)
- **Provide peace and promote action:** *How can we control our emotions?* (Answers may include using our reason to calm ourselves, taking a step back, and not acting on our emotions alone.)
 - *Can you give an example of controlling your emotions?* (Answers may include controlling my anger when my sibling breaks something of mine and controlling my fear when I am about to take a test.)
 - *Can you give an example of how you can let God help you control your emotions?* (Saying a little prayer instead of expressing my frustration.)