

Having Faith in A Crises
Emotional Health - Part 7
06/07/2020

- A Faith That Leads to Emotional Health
- What have we learned in this crisis?
- What can we carry forward?
- Pain without gain would be a shame
- How can we be better?
- Should continue to into our regular daily lives

James 1:21b (ESV) receive with meekness the implanted word, which is able to save your souls.

Romans 12:11-12 (MSG) Don't burn out. Keep yourselves fueled in flame. Don't quit in hard times; pray all the harder. Help needy Christians; be inventive in hospitality.

- I want to quickly review the first 5 principles

Tips to Emotional Health:

1st) Set A Routine

- Set and stick with a routine.
- The Secret of your success is in your daily routine

Eph. 5:15-16 (NIV) Be very careful, then, how you live—not as unwise but as wise, 16 making the most of every opportunity, because the days are evil.

2nd) Feed My Soul

- The Word of God is soul food

3rd) Be Filled With Grace

- I need to show grace to myself and others

James 4:6 (ESV) But he gives more grace. Therefore it says, "God opposes the proud but gives grace to the humble."

4th) Turn Off The News

- For your own mental and emotional and spiritual health, you need to monitor your media intake

Matthew 6:22-23: "Your eye is the lamp of your body. If your vision is good, your whole being will be full of light. But if you're focused on the bad, your life will be full of darkness."

5th) Hang Out With Your People.

- You need to stay connected to your community

6th) Don't Buy A **PLANE**.

- Seek advice before making major decisions
- There is wisdom in a multitude of counselors

Proverbs 15:22 (TLB) Plans go wrong with too few counselors; many counselors bring success.

Proverbs 11:14 (ESV) Where there is no guidance, a people falls, but in an abundance of counselors there is safety.

7th) Build In Small **BREAKS**.

- Space renewal breaks throughout my day.
- Principle of spacing and dosing.
- Nature is both healing and calming.

Isaiah 40:30-31(NIV) Even youths grow tired and weary, and young men stumble and fall; 31 but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Isaiah 58:11 (NIV) The Lord will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail.

8th) Control What You **CAN**.

- Control what's controllable and trust God for the rest.
- So what is controllable?
- The things you have a choice in

James 2:22 (NIV) You see that his faith and his actions were working together, and his faith was made complete by what he did.

*God grant me the Serenity to accept the things I cannot change,
The courage to change the things I can, and
The wisdom to know the difference.*

9th) Be Honest With What You're **FEELING**.

- Share your feelings instead of stuffing them
- Feelings are meant to be felt
- Feelings are neither good nor bad

- They're just feelings
- When you swallow your feelings, your stomach keeps score.

Gal. 6:2 (NLT) Share each other's burdens, and in this way obey the law of Christ.

- What is the law of Christ?
- Love your neighbor as yourself.

2 Cor. 1:8-9 (ESV) For we do not want you to be unaware, brothers, of the affliction we experienced in Asia. For we were so utterly burdened beyond our strength that we despaired of life itself. 9 Indeed, we felt that we had received the sentence of death. But that was to make us rely not on ourselves but on God who raises the dead.

10th) Think of **OTHERS**.

- Serve someone suffering more than you

James 1:27 (ESV) Religion that is pure and undefiled before God the Father is this: to visit orphans and widows in their affliction, and to keep oneself unstained from the world.

Proverbs 11:25 (CEB) "The generous prosper and are satisfied. And those who refresh others will themselves be refreshed."