

Consider: the Emotional Health of Your Home

Emotions are:

1) _____

Malachi 3:6 "For I, the LORD, do not change..."

James 1:17 Every good thing given and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shifting shadow.

Genesis 1:27 So God created mankind in his own image, in the image of God he created them; male and female he created them.

Hebrews 4:14-16 Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

Matthew 27:46 "My God, my God, why have you forsaken me?"

2) _____

Romans 11:36 For everything comes from Him and exists by His power and is intended for His glory.

1 Corinthians 6:19-20 Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.



Stuffers	Junkies	Healthy
Harms self	Harms others	Honors God
Self Focused	Self Focused	God focused
Conceals	Condones	Confesses
Gut it up	Gushes	Grace
Self Sufficiency	Self Sufficiency	God Sufficiency
Avoids, Ignores	Abandons, Indulges	Acknowledges & Entrusts to the Lord

TABLE TIME:

- 1) What was I taught about emotions?
- 2) How do I feel about emotions? (gift or curse)
- 3) Am I in touch with my emotions? (stuffer, junkie, healthy)

3) _____

- 1) Negative Situation + Unbiblical Belief = Sinful Painful Emotion (ANGER, Hatred, Despair, etc.)
- 2) Negative Situation + Biblical Belief = Holy Painful Emotion (Sorrow, Sadness, REMORSE, etc.)
- 3) Positive Situation + Unbiblical Belief = Sinful Pleasant Emotion (Pride, Self Sufficiency, etc.)
- 4) Positive Situation + Biblical Belief = Holy Pleasant Emotion (Joy, Peace, CONTENTMENT, ETC.)

ABCD'S of Emotional Health

- A _____

- B _____

- C _____

- D _____

- S _____

Love the Lord... Psalm 31:23

Delight yourself in the Lord... Psalm 37:4

Hope in God... Psalm 42:5

Let those who love the Lord hate evil... Psalm 97:10

Fear not for I am with you... Isaiah 41:10

Rejoice in the Lord... Philippians 4:4

Rejoice with those who rejoice, & weep with those who weep. Romans 12:15

Romans 6:11-14 So you also should consider yourselves to be dead to the power of sin and alive to God through Christ Jesus. Do not let sin control the way you live; do not give in to sinful desires. Do not let any part of your body become an instrument of evil to serve sin. Instead, give yourselves completely to God, for you were dead, but now you have new life. So use your whole body as an instrument to do what is right for the glory of God. Sin is no longer your master, for you no longer live under the requirements of the law. Instead, you live under the freedom of God's grace.

Galatians 5:16-24 But I say, walk by the Spirit, and you will not carry out the desire of the flesh. For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please. But if you are led by the Spirit, you are not under the Law. Now the deeds of the flesh are evident, which are: immorality, impurity, sensuality, idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions, envying, drunkenness, carousing, and things like these, of which I forewarn you, just as I have forewarned you, that those who practice such things will not inherit the kingdom of God. But the fruit of the Spirit is love (*instead of hate*), joy (*instead of despair*), peace (*instead of turmoil*), patience (*instead of anger*), kindness (*instead of severity*), goodness (*instead of badness*), faithfulness (*instead of temperamentality*), gentleness (*instead of harshness*), self-control (*instead of passions-control*); against such things there is no law. Now those who belong to Christ Jesus have crucified the flesh with its passions and desires.

2 Peter 1:3a By his divine power, God has given us everything we need for living a godly life.

2 Corinthians 10:3-6 For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. And we will be ready to punish every act of disobedience, once your obedience is complete.

Joshua 1:8 This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have success.

Romans 12:1-2 Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

Proverbs 16:32 Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.

Philippians 4:4-9 Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

Psalms 42:5–6 Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God. My soul is cast down within me; therefore I remember you.

Lamentations 3:20–24 My soul continually remembers [my affliction and my wanderings] and is bowed down within me. But this I call to mind, and therefore I have hope: The steadfast love of the Lord never ceases; His mercies never come to an end; they are new every morning; great is your faithfulness. “The Lord is my portion,” says my soul, “therefore I will hope in him.”

John 14:1 “Let not your hearts be troubled. Believe in God; believe also in me.”

Psalms 103:1-5 Bless the Lord, O my soul, And all that is within me, bless His holy name. Bless the Lord, O my soul, And forget none of His benefits; Who pardons all your iniquities, Who heals all your diseases; Who redeems your life from the pit, Who crowns you with lovingkindness and compassion; Who satisfies your years with good things, So that your youth is renewed like the eagle.

TABLE TIME:

- 1) How do you handle your emotions?
- 2) How do you handle other's emotions?
- 3) Have you ever thought about the fact that God commands us to have emotions?

Other Questions to Answer:

- 1) Are there things from my past that have positively or negatively affected how I view emotions?
- 2) Do you spend time in God's Word to know what your filter should be?

5 AREAs to CONSIDER for TAKING GROUND...

1) Your _____ Emotional Health

Proverbs 4:23 above all else, guard your heart, for everything you do flows from it.

REFLECTION QUESTIONS:

1. Do I really know how to identify my emotions, and more importantly, sit in and process those hard feelings in a healthy way? Do I escape from processing and feeling my emotions on a regular basis with food, isolating, shopping, social media, alcohol, pornography, cutting, or other unhealthy coping mechanisms?
2. Does my spouse really know how I feel? Have we cultivated a safe space for us to openly share our feelings to meet one another with compassion and without judgment? Do we help each other process our feelings with the backdrop of truth from God's word?
3. Do I have community around me that really knows what is going on in my life? Am I ruthlessly honest and raw with them about my feelings or do I manage information? Do I have people that will help me process my feelings with the filter of God's Word?

2) Expand your Emotional _____

3) Practice _____ & _____

Psalm 46:10 Be still and know that I am God.

PITFALLS TO AVOID:

1) TOO MANY _____

2) _____ invalidation

3) Not taking things _____

4) Evaluate your home Environment & _____

5) Practice _____ Coping Skills

coping Ahead...

PLEASE:

Physical illness

Liquid ... DRINK WATER

Eat balanced

Avoid mood-altering substances

Sleep

Exercise

(Modified from DBT PLEASE skills (Linehan))

Coping in the Moment...

1) Calming Choices

2) Soothing corner

3) Mobile soothing Box/Pouch

TABLE TIME

1) Which of the 3 pitfalls do you fall into most?

2) Which one of the 5 Areas are you going to focus on to take ground in your family's emotional health?