

**May 9/10**  
**Healthy Emotional Management**

**God our Father is an emotional dad!** His Word clearly describes what He loves, hates, what angers Him, what blesses Him and what breaks His Heart. **Proverbs 6:16-19; Isaiah 1:11-17**

**Jesus also showed that God is emotional with a wide and intense variety of emotions.** *Matthew 9:36; John 11:5,35; Mark 11:15-17*

**Even the Holy Spirit in us has deep emotions and can connect to our deepest emotions.** *Ephesians 4:30; Romans 8:26-27*

**To be made in the image of God is to be emotional!** God wants to use our unique emotional makeup to help us know Him, to love others and be loved, and to feel what He feels so we will do what He wants. He knows how powerful a motivator our feelings are and wants to help us control them for His purposes.

**Keys to Healthy Emotional Management:**

**1) Take responsibility for managing your emotions.**

*Proverbs 4:23; Genesis 4:4b-8; Mark 7:20-23*

**What am I feeling?**

**Why am I feeling that?**

**Do I have good reason to feel that?**

**Is what I'm feeling truth or am I listening to a lie?**

**Is what I'm feeling hurtful or sinful?**

*Proverbs 18:21; Proverbs 29:11*

**2) Talk honestly with God about what you are feeling and listen for His response.** His Spirit in us wants to help us process our hurt, fears, confusion and frustrations. **Psalm 62:5-8**

**Be quick to confess and repent of sin knowing that unconfessed sin drains us emotionally and denial defeats us, opening our lives to satanic attack.** *Proverbs 28:13; Psalm 32:1-5*

**The Holy Spirit works with us to replace negative emotions with positive ones, but we must yield our negative emotions and responses to Him, for Him to fill us with His fruit.** *Galatians 5:19-25*

**3) Totally commit to living biblical purposes and you will experience a truly healthy and meaningful life.** We were made to feel what Christ feels and respond with His feelings and actions. Emotional wholeness comes from living whole-heartedly, not half-heartedly! **John 4:34; Luke 19:10; Psalm 82:3-4**

**4) Team up in safe relationships where you can talk freely about your feelings and resolve your hurt, fears or frustrations.** Be willing to receive comfort, counsel and correction from those trusted friendships, or go to a christian counselor.

**Proverbs 17:17** – “A friend is always loyal, and a brother is born to help in time of need.” **Proverbs 27:6; Matthew 12:20**

**5) Treat yourself right by changing to a lifestyle that promotes emotional health!**

**a) Get sufficient sleep.** **Psalm 127:2**

**b) Eat right, exercise regularly, recreate.**

**c) Take time to unplug from everything.** **Psalm 23:1-3; Psalm 46:10**

**d) Honor the Sabbath** **Exodus 20:8-11**

**e) Enjoy God's goodness in your life** **1 Timothy 4:4**

**f) Laugh often and deeply** **Proverbs 17:22**

**“You break the bow if it is always bent!”**

**Fatigue and taking life too seriously intensifies emotional trauma and makes it harder to respond in a Christ like way to life's challenges. Balance prevents burnout and finding God's pace for your life makes it runnable.**

**6) Take yourself off the throne and resign from being God in other peoples' lives and your own.** Worry is taking responsibility for something that God never wanted me to have responsibility for. Admit your limitations. **1 Peter 5:6-7; Philippians 4:6-7**

**Discussion Questions:**

**1) Do you see God, Jesus and the Holy Spirit as emotional and understanding your emotions? What emotion do you wrestle with the most? Anger, fear, pride, being judgemental, bitterness, hurt, other? How healthy are you emotionally now?**

**2) Take time and review the 6 T's of taking care of yourself emotionally. Which of those T's do you do? Which T's do you need to do more consistently? Do you treat yourself right?**

**3) Do you have safe friendships to process your emotions with? Are there any unresolved issues you perhaps need to seek counseling about? Take time to pray for one another.**