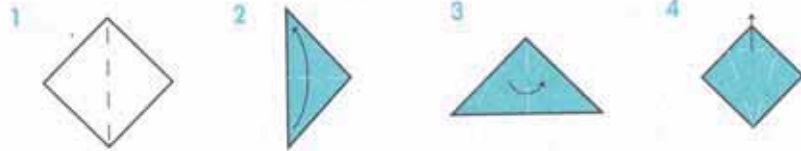


TRANSFORMED IN MY EMOTIONAL HEALTH

SESSION 4

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SESSION 4



EMOTIONAL HEALTH

WEEKEND SERMON NOTES

SESSION 4

TRANSFORMED IN MY **EMOTIONAL** HEALTH

◆ CHECKING IN

- Which of the seven mental health verses from your devotional reading this past week was **the most meaningful to you**?
- When you hurt yourself (stub your toe, whack your thumb with a hammer, etc.) do you tend to stuff it, yell at it, cry about it, or dance around?

◆ MEMORY VERSE

“Come to me, all you who are weary and burdened, and I will give you rest.”

MATTHEW 11:28 (NIV)

◆ WATCH THE **VIDEO LESSON** NOW AND FOLLOW ALONG IN YOUR OUTLINE.



◆ TRANSFORMED IN MY EMOTIONAL HEALTH

He heals the broken-hearted and bandages their wounds.

PSALM 147:3 (TEV)

FIVE STEPS TOWARD EMOTIONAL HEALTH

- _____ my _____ .

You'll never be emotionally healthy until you face your feelings straight on.

I kept very quiet . . . but I became even more upset. I became very angry inside, and as I thought about it, my anger burned.

PSALM 39:2-3 (NCV)

Holding on to hurts is like carrying hot coals in your heart—you're the one who's going to get burned. When you swallow your hurt, your stomach keeps score.

You must be honest with yourself, honest with God, and honest with one other person.

When I kept things to myself, I felt weak deep inside me. I moaned all day long.

PSALM 32:3 (NCV)

- _____ those who have _____ .

One of the most difficult decisions you'll make in life is this: "Do I want to get well or do I want to get even?"

It was while we were still sinners that Christ died for us!

ROMANS 5:8 (TEV)

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

EPHESIANS 4:31-32 (NIV)

You have kept a record of my tears.

PSALM 56:8 (TEV)

Never pay back evil for evil . . . never avenge yourselves. Leave that to God, for he has said that he will repay those who deserve it. [Don't take the law into your own hands.]

ROMANS 12:17-19 (TLB)

- Replace _____ with _____ .

Let God transform you into a new person by changing the way you think.

ROMANS 12:2 (NLT)

Jesus, who makes people holy, and all those who are made holy have the same Father. That is why Jesus isn't ashamed to call them brothers and sisters.

HEBREWS 2:11 (GWT)

If you want to change the way you feel about your life, you have to change the way you think about your life. Replace old lies with God's truths.

• _____ on the _____ .

Put your heart right . . . Reach out to God . . . face the world again, firm and courageous. Then all your troubles will fade from your memory, like floods that are past and remembered no more.

JOB 11:13-16 (TEV)

Your past is not your future. The old you is not the new you.

Look straight ahead with honest confidence; don't hang your head in shame.

PROVERBS 4:25 (TEV)

• _____ to help _____ .

God wants to redeem your pain. He wants to use your experiences to help other people. That's what ministry is all about.

[God] comforts us every time we have trouble, so when others have trouble, we can comfort them with the same comfort God gives us.

2 CORINTHIANS 1:4 (NCV)

When someone becomes a Christian, he becomes a brand new person inside. He is not the same anymore. A new life has begun!

2 CORINTHIANS 5:17 (TLB)



DISCOVERY QUESTIONS

(PICK AT LEAST ONE OR TWO)

- **God never wastes a hurt.** Your greatest ministry will come from your deepest pain. Would anyone like to share a personal story of how God brought emotional healing into your life? This is great practice for sharing your faith with a non-believing friend.
- The Bible says, "When I kept things to myself, I felt weak deep inside me. I moaned all day long" (Psalm 32:3 NCV). Why do you think we would rather hide the things that have happened to us instead of revealing them to someone?
- Why is it so hard to forgive when we have been wronged? What happens if we choose not to forgive? What could happen if we do forgive?
- The Bible says, "Be made new in the attitude of your minds" (Ephesians 4:23 NIV). Pastor Rick said, "If you want to change the way you feel about your life, you have to change the way you think about your life." What is one thought you need to change about yourself?

PUTTING IT INTO PRACTICE

Where do you want to be three months from now with your emotional health? What is one thing you will do to take a step in that direction? Not one thing you **could** do, or **might** do, but one thing you **will** do. Review Pastor Rick's video outline to help you with ideas. We know that goals that are not expressed are very rarely met, so share your goal with one other person in your group.

Write your emotional health goal in the space below.

MY THREE-MONTH EMOTIONAL HEALTH GOAL

Now transfer your **Three-Month Emotional Health Goal** to your **My Three-Month Goals** list on pages vi to vii.

PRAYER DIRECTION

Spend some time praying for one another's requests from the **Small Groups Prayer and Praise Report** on page 218. If anyone shared a hurt or needs prayer, be sure to pray for those things during your prayer time. If you are short on time or your group members would feel more comfortable sharing with one other person, you might want to pair up and pray for each other.

DIVING DEEPER

WANT TO GO DEEPER IN YOUR EMOTIONAL HEALTH?

FOR YOU

- Read the **daily devotions** for days 22 to 28 in your workbook.
- Read the **Memory Verse** on page 95 every day this week as part of your quiet time. See if you can have it memorized before your next group meeting.
- Read *Life's Healing Choices* by John Baker. Based on the eight beatitudes of Jesus, *Life's Healing Choices* offers freedom from our hurts, hang-ups, and habits through eight healing choices that promise true happiness and life transformation. Available at www.saddlebackresources.com.

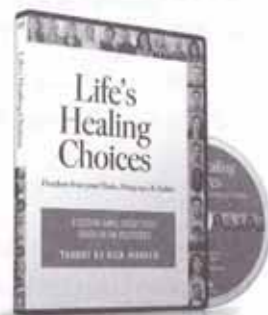
FOR THE GROUP

Consider for your next group study *Life's Healing Choices Small Group Study*. This eight-week video-based small group study looks at each of the Beatitudes from Jesus' Sermon on the Mount and takes you step-by-step through the recovery and self-discovery process. Available at www.saddlebackresources.com.



LIFE'S HEALING CHOICES BOOK

Life's Healing Choices offers freedom from our hurts, hang-ups, and habits through eight healing choices that promise true happiness and life transformation.



LIFE'S HEALING CHOICES DVD

This 8-session DVD takes you through each of the Beatitudes from Jesus' Sermon on the Mount.

SADDLEBACKRESOURCES.COM

TRANSFORMED IN MY EMOTIONAL HEALTH

DAY 22

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

MATTHEW 11:28-30 (NIV)

In the Bible, people came to Jesus for many reasons. Some came to be healed. Others needed advice. Many came for eternal life. Jesus gives you another reason to come to him: rest from your burdens. But here’s the catch. Once you have come to Jesus with your burdens, you have to give up control. Jesus says, *“Take my yoke upon you.”*

A yoke is a farming tool. Farmers yoke their plow-horses together to keep them going in the same direction and at the same pace. When they are yoked together, one cannot go faster than the other, or slower for that matter. They are less prone to veer off the path when they are working together. When their burden is cut in half, they can accomplish twice as much.

Jesus is using a yoke as a symbol of partnership with him. God never intended for you to bear your burdens alone. **Jesus is saying, “I will help carry the load, you don’t have to do it alone anymore. When you’re weary and worn out, emotionally exhausted, let me carry your burden with you.”**

Jesus’ invitation is, *“Learn from me, for I am gentle and humble in heart, and you will find rest for your souls.”* The secret to overcoming an overloaded life is to go to the only One who can truly give you rest for your soul. Jesus is your burden bearer, your model for stress-free living. Accept his invitation today and find the rest you have been searching for.

What did you hear?

What do you think?

What will you do?

Now talk to God . . .

TRANSFORMED IN MY EMOTIONAL HEALTH

DAY 23

“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”

JOHN 14:27 (NIV)

Someone has calculated that there have been 286 years of peace in the last 3,500 years of human history. That’s a horrible track record. The peace of the world is fleeting and fragile.

Where conflict reigns, fear also rules. Fear and hatred are profound influences on you and me. Scientists speculate that prolonged fear, hatred, conflict, and unforgiveness actually alter our DNA. When peace is missing, we are fragmented and flawed.

God’s promise is forever-peace. In his last days on earth, Jesus comforted his anxious disciples: *“I leave with you peace. I give you my own peace, and my gift is nothing like the peace of this world. You must not be distressed and you must not be daunted,”* (PH). The Master knew that his disciples were anxiously grappling with twin realities: touching and talking to him was ending, and his death seemed imminent. Jesus provided forever-peace to return emotional stability to his faltering disciples.

But just what is forever-peace? According to Scripture:

- God’s peace is a gift. You don’t work for it, earn it, psyche yourself up for it, or try really hard to get it. You just accept it.
- God’s peace does not depend on circumstances. His peace is present in terrible, terrifying, tortuous times. Know why?
- God’s peace, *shalom* in Jesus’ language, means more than the absence of conflict, it’s the presence of all things good!

The bottom line is that God’s promise of forever-peace is fulfilled by his forever-presence! So *“do not let your hearts be troubled and do not be afraid.”* Don’t focus on the absence of peace; focus on the presence of God, and his peace will come to you.

What did you hear?

What do you think?

What will you do?

Now talk to God . . .

TRANSFORMED IN MY EMOTIONAL HEALTH

DAY 24

The Lord is my Shepherd . . . Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

PSALM 23:1,4 (NIV)

God will always be with you. You will never have to go through life alone. You won't have any experience that God does not see. He is walking right beside you, even when you walk "through the valley of the shadow of death." The difference for those who follow Christ is not the absence of the shadow of death, but the presence of the Shepherd. In fact, because of the Shepherd, death is now just a shadow of its former self. Not even death can separate you from God's love. In every situation, God is there.

When the Shepherd walks with you he carries a rod, just in case you need a little prodding to keep moving. The purpose for the rod is not to hurt the sheep, but to lead the sheep. Sometimes we need a good poke! God uses his rod to let you know, "You can do it! Don't quit! Don't stop or give up! I am right here with you!"

The Shepherd also carries his staff as he walks with you. He uses his staff to protect you from your enemy. Your Shepherd can easily deal with any threat by his mighty power. So you do not have to fear evil.

You are not alone. God is with you. He'll get you through life. And he'll get you through death. He'll bring you home safely. And you will dwell in the house of the Lord, forever.

What did you hear?

What do you think?

What will you do?

Now talk to God . . .

TRANSFORMED IN MY EMOTIONAL HEALTH

DAY 25

The eternal God is your refuge, and underneath are the everlasting arms.

DEUTERONOMY 33:27 (NIV)

Most of us like a hug when we are feeling down. The problem is, there's not always someone there to give us one when we want it. We know this for sure, there will be tough times. There will be circumstances beyond your control, and crises that come out of nowhere. The pain will seem greater than you can bear. It's then, when things look impossible, that you must remember to run to your Heavenly Father. He will be there. He is always there.

God sees your pain. He hears your cry. He counts every tear you shed. He stands ready to help. You just need to come to him. He is your shelter in the storm. His everlasting arms are strong and waiting to embrace you. In them you will find peace, protection, and strength. And when you allow him to hold you close, to wrap his arms around you, he will be with you until the storm passes and joy comes in the morning.

It's hard to imagine that the God who created the universe wants to be there for you, but he does. **His greatest desire is to draw you close to him.** This is why he created you. So when you're feeling like no one cares, and your thoughts lead you into a pit of despair, call on the Lord to pull you out. His lovingkindness never fails. He wants nothing more than to give you that hug you need.

What did you hear?

What do you think?

What will you do?

Now talk to God . . .

TRANSFORMED IN MY EMOTIONAL HEALTH

DAY 26

Therefore, there is now no condemnation for those who are in Christ Jesus.

ROMANS 8:1 (NIV)

Imagine that I asked you to write down all of the bad things you have ever done on a 3×5 card. Don't worry, I'm not going to ask you to do that. Besides, if you're at all like me, a 3×5 card wouldn't be nearly enough room for all of that stuff! But just imagine that I did. Now, picture putting that card with every sin, every careless word, every stupid mistake, everything you feel guilty about, inside of a hardback book. Now, close the book.

Can you still see the card? No. It's still there, but you can't see it. It's inside something bigger, something better. That card is still there, but it is **in** something else. That's what it's like to be in Christ Jesus. It means that once we put our faith in Christ, once we ask him to forgive us for our sins, God simply doesn't see them anymore. We are declared not guilty. Not because we didn't do the things on that card, but because he chooses to see Jesus instead of our mistakes.

You may be carrying something around that you feel terribly guilty about. You may feel like this guilt comes from God to remind you, or punish you, for what you have done. But that is simply not the case. Jesus forgives us of our sins and takes them from us. When Jesus went to the cross he paid the price for your sins, once and for all. You don't have to keep paying for your sins through guilt. You don't have to carry them around anymore. You don't have to live with shame anymore.

If you are in Christ, you are forgiven.

What did you hear?

What do you think?

What will you do?

Now talk to God . . .

TRANSFORMED IN MY EMOTIONAL HEALTH

DAY 27

The joy of the Lord is your strength.

NEHEMIAH 8:10 (NIV)

The secret to strength is joy. It's not your desire or your determination that are your strength. It's your joy. This means that one of the main reasons you feel you can't do something or don't have the strength to face something is a lack of joy. When you have joy, then you are able to find security in the truth that God has a plan, and you have strength for that day.

Joy gives you strength for life's greatest challenges. Mother Teresa's job description for working with the sick from the streets of Calcutta was two simple items: desire to work hard and have a joyful attitude. When you work hard but have no joy, you'll find yourself feeling worn down by life, emotionally, physically, and spiritually exhausted.

How do you experience joy? The Westminster Catechism states, "The chief end of man is to glorify God and to enjoy him forever." Eternity is going to be filled with the sound of human laughter, people enjoying God. You don't have to wait to get in on that party, you can choose today to enjoy the goodness and greatness of God.

Nehemiah tells us that it's the "*joy of the Lord*" that we are choosing. Joy is not a matter of trying to work up good feelings about yourself or the world around you. Sometimes there's little to feel good about there. True joy centers on God. The joy that God gives starts by focusing on who God is.

Whatever circumstances you are facing right now, spend a few moments thinking about who God is. **Think about his grace, power, forgiveness, and patience. Think about his comfort and love.** Let the joy that flows from remembering who God is become your strength for what you are facing today.

What did you hear?

What do you think?

What will you do?

Now talk to God . . .

TRANSFORMED IN MY EMOTIONAL HEALTH

DAY 28

He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust."

PSALM 91:1-2 (NIV)

I love New York City. It is a huge and important world center where the nations come to meet and exchange ideas and share their cultures. And what a humbling place it is! You are surrounded by monolithic buildings that are at once both beautifully iconic and gigantic in stature. As you walk through the streets of downtown, even in the daytime, you are engulfed by the shadows of these gargantuan skyscrapers that blot out the sun. The city is enormous in every way.

God is just like that city.

The scripture above says that you can dwell in him. He is a whole life for you. You find food and sustenance and love and beauty and truth in him. He is a city unto himself.

Dwell in him.

He shelters you. He can protect you from whatever life throws at you. He is so big and absolutely sovereign that nothing can touch you except what he allows. And he only allows exactly what is right for you. **Hide in him.**

He is so big that you can't go anywhere that he is not in control. His shadow is so vast that it falls on everything, everywhere, and everyone on the earth. No matter where you find yourself in this world and no matter what condition you are in, you can always rest in his shadow and find the help you need. **Rest in him.**

God is unbeatably strong, preeminently vast, and unstoppable powerful. He truly is a fortress and our refuge. **Trust in him.**

If life is getting you down, go to the City of the King and take refuge in his greatness, rest in his shadow, and rely upon him to see you through. **He will never fail you.**

DAILY DEVOTIONS: DAY 28

What did you hear?

What do you think?

What will you do?

Now talk to God . . .