



Life Is Complicated. We Can Help.

Emotionally Healthy

#nplifeiscomplicated

Week 2

September 20, 2020

Bottom Line: If you want to be spiritually healthy, you must be emotionally healthy.

Icebreaker: What's a healthy habit you have in your life? What's something not particularly healthy, but sure is fun? 😊

Key Verse: *God has not given us a spirit of fear, but of power and of love and of a sound mind.*
2 Timothy 1:7 NKJV

We all have issues. It's not a matter of "if," it's a matter of "what." How we deal with those issues will determine the strength of our emotional health and well-being. How emotionally strong do you feel? Be honest with yourself. God wants to give us emotional health.

Taking charge of our mindset process is essential to having emotional health. If you want to identify why you do what you do, or feel the way you feel, simply identify what you are telling yourself and identify your focus. There are 10 basic practices that can help you get into an emotionally healthy mindset: **Manage your expectations.** You can't place the same expectations on yourself and others as you had before this crisis. Ask God to help you have a reasonable balance. **Reframe your mindset.** Your mindset or perception very easily becomes your reality. If your reality is simply based on your point-of-view, then your reality will be distorted. Reframe your mindset to an eternal perspective. **Develop a routine.** When we don't develop a structure, or pattern, we invite anxiety into our lives. Don't just hope that life just accidentally comes together. Adjust your routine for the days we live in. **Limit information intake.** The Information Age is killing us! Along with the blessings of technology, we do have the downside of the overload, constantly telling us things that don't help us. We need to have boundaries. **Connect with godly people daily.** It's important to connect daily with godly, positive people you love. Godly people share a God perspective. **Confess your feelings.** Short and simple, acknowledge where you are. **Seek wise counsel.** We can easily get decision fatigue and make inferior, even damaging, decisions. Get good advice. **Practice solitude daily.** Thirty minutes of solitude is very helpful. **Be generous to others.** Serving others can raise your spirits and refresh you. **Focus on what you can control.** You can control your relationship with God. When you place your focus on Him, He will put so much into perspective. Remember, you are not alone.

THINK IT OVER >>>

- What impacted you most from the message?
- How emotionally strong do you feel right now?
- What expectations have you needed to change in 2020? Are there any that are defeating you now?
- Ecclesiastes 7:18 in The Message says, "A person who fears God deals responsibly with all of reality, not just a piece of it." How can you do that?
- Who and what has mostly framed your perception or sense of reality to this point?
- What routines give you balance? Or where do you need a new routine?
- How are you limiting unnecessary information? How does information overload affect you?
- In this day of social distancing, how are you maintaining connections? Do you need more?

LOOK IT OVER <<<

- The Bible tells us to share one another's burdens. How are you making an effort to do that for others?
- What outlet are you using to express your feelings? How could you increase your access to wise counsel?
- What's the difference between solitude and isolation?
- How are you serving and refreshing others? Can you think of some new ways you might try?
- Is there something you need to stop doing? What do you need to start doing?
- Control is mostly an illusion. Discuss. What are the things you CAN control? Why do you think it is so hard to stay focused on those things?
- Explain what you have learned about maintaining your focus on God.
- Who feels all alone? What will you do about it?

NEXT STEPS

1. Ask how everyone is doing, and plan how to help anyone who is struggling unusually.
2. Set up a healthy daily routine.
3. Find a way to generously serve.

EVALUATION/ACTION

Realizing and reaching your full potential in Christ

Bottom Line: If you want to be spiritually healthy, you must be emotionally healthy.

Rate yourself from 1 to 10 1 (never), 10 (always)	1	2	3	4		6	7	8	9	10
Why did you give yourself this rating?										
What benefits will you obtain by raising your rating?										
Do you know someone who demonstrates this bottom line well? What do you admire about that person?										
What specific action can you put into practice to raise your rating?										
At the end of this week, reflect - where did you see the bottom line show up in your actions throughout the week?										

PRAYER

List group members and their prayer requests for this week:

DAILY STUDY

Want to dig deeper? Check out **The Daily** this week at newpointe.org/daily:

Monday: Psalm 62:5

Tuesday: Matthew 6:33-34

Wednesday: James 5:16

Thursday: Proverbs 15:22

Friday: Psalm 46:10

Don't let the conversation stop here. Keep talking it over with others throughout the week.

(Don't forget to bring this paper to your next small group meeting)