

TALK IT OVER

Emotional Health

BOTTOM LINE

It's impossible to be spiritually mature without emotional maturity.

CONVERSATION STARTER

Was there an age in your family when you could get your license, date, or get a job? Or was there another standard?

THINGS TO CONSIDER

What did you hear?

What do you think?

What will you do?

RESOURCES

- The Daily:
newpointe.org/thedaily
- [Changing Emotionally Unhealthy Patterns](#) – by Dr. Henry Cloud (11 min.)

KEY VERSES AND QUOTES

Let this mind be in you, which was also in Christ Jesus: Philippians 2:5 KJV

I will be a Father to you, and you will be my sons and daughters, says the Lord Almighty. 2 Corinthians 6:18 NIV

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Romans 12:2 NIV

If you abide in my word ... you shall know the truth, and the truth shall make you free. John 8:31-32 NKJV

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.
2 Corinthians 10:3-5 NIV

You will keep in perfect and constant peace the one whose mind is steadfast (that is, committed and focused on you) because he trusts and takes refuge in you. Isaiah 26:3 AMP

“Behind every behavior is a belief. Behind unhealthy behavior is a false belief.” – Dwight Mason

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Emotional health is defined as the ability to identify what we are feeling, navigate our inner world with confidence and compassion, and creatively respond to life's changes and difficulties. Which of those three elements is most challenging for you? Explain. Pete Scazzero says we are promised that 1) your life will be hard, 2) you are not in control, 3) your life is not about you, and 4) you will die. If you can't embrace this, you will never be emotionally healthy. This sounds depressing. How can you move past fear and negative emotions to embrace and be motivated by these truths? Arriving at the ability to have and maintain emotional health requires **filling your mind with truth**. How can you recognize truth? How do you acquire it? Equally important is that you **free your mind from destructive thoughts**. We have an Enemy and he wants to fill your mind with thoughts that will destroy your life if you act on them. Discuss. How do you identify destructive thoughts? How do you reject them? The third is **focus on Jesus**. What is most helpful to you in maintaining focus on Jesus? In honest evaluation, what area needs the most attention from you in maintaining emotional health?

ACTION STEP

I will evaluate my emotional health and how I can cooperate with God to grow and maintain it: _____