

# Emotional Health I

## An Often Neglected Part of Our Being

Monday, June 14, 2021

**SCRIPTURES OF THE DAY**  
2 Corinthians 3:16-18

### STUDY & REFLECTION

**Emotional health is a spiritual issue.** Since we understand that in general, health is a measure of each person's ability to do and become what he or she wants to become, genuine emotional health in a spiritual sense harmonizes our *want* and *ability* to that which God intended for us. God wants his people to be whole, body, soul, and spirit.. The purpose is for us to continue to be "transformed into his image" (2 Corinthians 3:18). Our devotional scripture informs us that the Holy Spirit is the transforming agent. In order for our emotions to be matured and transformed, we must be spiritually aware enough to put them *before* and let them be reflected in light of the Holy Spirit. We must intentionally and consistently allow the Light of God's Spirit to 'shine on' and enlighten our emotional selves. If we ignore, or are not aware of the emotional manifestation of our daily lives, we cannot experience the peace and abundant life God intended. God does not want us to continue to carry around our emotional, pains, hurts and scars from the past. Let's be honest, these experiences have often been ignored and unaddressed as we have tried to live *spiritual lives*. When we turn to the Lord, and identify and let the light of His Spirit to shine on these 'hidden' parts of our lives, there will be a new found freedom and honesty to reflect His Glory in the emotional aspects of our lives.

### ACTION ITEMS

- How would you assess the emotional status of how you have lived?
- How would you quantify your emotional status in general?
- Would you say it reflects Christ?

As we look to Christ with our hearts and minds unveiled we can become more like Him. In this action item, ask the Holy Spirit to guide you in this process. Take intentional steps today to take away the layers of emotional hindrances that block you from seeing Christ and reflecting His likeness in your life. Next, ask yourself what does Christ-likeness look like in my emotional health? Journal about how you can apply this to your emotional life more intentionally and consistently.

### INVOLVING OTHERS

Get others in this process of reflecting Christ-like emotional healthiness. Ask two or three people who are close to you and are familiar with your habits under stress. Ask them to monitor and hold you accountable in your emotional health growth.

## Emotional Health II

### A Deeper Look Into Our Souls

Tuesday, June 15, 2021

## SCRIPTURES OF THE DAY

### 2 Corinthians 3:16-18

#### STUDY & REFLECTION

Today let's take a deeper look into our emotional health. Our emotions are a vital key into who we are as individuals. Our emotions are God-given as a way of expressing ourselves but they must be kept in check. When our emotions are out of control, we are less likely to demonstrate the fruit of the spirit, which is more like Christ. Have you ever taken the time to think about your emotions? Here is a short list: Joy, Excitement, Surprise, Sadness, Anger, Disgust, Contempt, and Fear. Go deeper, are you easily upset? Compulsive? Highly opinionated? Easily offended? Often bitter? Too often, depressed? Proud?

God made us complex creatures. We are "fearfully and wonderfully made." Let's see how being born-again changes us. Our text says, when we turn to God from our sins (past) and allow the Holy Spirit and the Word of God to shine on us, something wonderful happens. We are transformed....**but the work is not done...it has only started!! Mature spiritual transformation is a life-long, complex process. It is not a short-term deal! Being born-again does not sweep away our 'broken past.' But It does start us on a new journey.** Consider Peter Scazzero's analogy and model of 'tip of the iceberg theology.' When you see an iceberg, the part above the water represents only 10% of the iceberg...the rest is hidden below the surface!

#### ACTION ITEMS

The issue of our emotional health is often not whether we are born again or not. We must admit that classic 'church service and practices,' while giving us new experiences in Christ, does not automatically confront the negative and often destructive experiences we had before we came to Jesus. Many of our church practices while beneficial, don't address what lies deep beneath the surface, in the depth. of our souls.

Do an honest self-assessment. How often do you express the emotions and reactions we have listed. Can it be that you are honestly trying to please the Lord but may need to develop other skills and insights in order to become more healthy emotionally?

#### INVOLVING OTHERS

Ask others that you have a level of trust with to do an honest assessment of how they see your emotional character and health. Give them permission to share with you what they observe and under which circumstances.

This is a healthy process to understanding your emotional healthiness. Let them then pray for you and express their support for your healing going forward.

## Emotional Health III

### New Insights And Understandings

Wednesday, June 16, 2021

## SCRIPTURES OF THE DAY

[2 Corinthians 5:17](#) ;

[Philippians 3:13](#)

Hang on to your spiritual hats!!!! If we are serious about becoming Healthy, Well, and Whole emotionally, we are going to have to resort to what some may call Drastic Measures!! The Lord is going to have to help us, release some things we saw, only one way, and have the courage to know that scripture is alive and may have multiple understandings and applications for us to discover. I challenge you to read the devotional scriptures and see if they may be applied in a broader sense, and in almost the opposite of what a simple reading might reveal.

1 Cor 5:17 insists, but not absolutely, that once you are 'born-again' you are **completely and absolutely new**. In fact all the 'old' is GONE! NOT TRUE. Paul in Phil 3:13 seems to suggest that in order to grow and progress in Christ we must "forget the past!" This also is not absolutely true and may in fact not be possible.

Now the application to understanding Emotional Health Remember the "tip of the iceberg" example of our emotional self. Much of the hidden part of the iceberg, that which is hidden beneath the surface, is that which we learned and experienced in our past, from our families of origin, often before we came to Christ. When we are born-again, we are made new....but much of the past is still there, lurking, unseen, hidden in hurt and pain, covered by shame and denial. Only as we walk in the light of God's Word and Grace, can these experiences be dealt with, overcome, and transformed, but they must first be identified, admitted to and confronted. Otherwise we become **prisoners of the past!** Someone offered this way of thinking to help us. We must go back in order to go forward. We must be courageous and confront the past in order to truly gain and live in the future God has promised.

This exercise will take spiritual courage. And it will almost certainly.....

Involve Others... You can begin by being self-reflective, looking within your heart and soul to your past to see, what experiences, family secrets, traits, have you been a part of but learned to cover and hide them because they were too painful or shameful to confront? To make real progress you will probably have to connect with others, including those in your family and those you have been close to much of your life. Let them discuss this with you and share their heart. I am confident that they will also embrace you in love and commit to walk with you as you journey to new understandings and healing.

STUDY &  
REFLECTION

ACTION  
ITEMS

INVOLVING  
OTHERS

## Emotional Health IV

### A Progressive, Complete, Life-Long Journey

Thursday, June 17, 2021

**SCRIPTURES OF THE DAY**  
[Proverbs 4:18](#) ; [1 Thessalonians 5:23-24](#)

#### STUDY & REFLECTION

Emotional growth and health occurs when every part of our being, past, present, future, body, soul, and spirit are open and exposed to the Power of God's Presence and the Healthy partnership of fellow Christians; Our lives are not to be compartments, divided into three separate parts of body, soul and spirit, we are a complete being. In (1 Thessalonians 5:23) Paul encourage Christians to allow God free and open entry, into every aspect of our lives in order for us to live in genuine health.

Our emotional health depends on engagement with God in sanctifying us. We must know and embrace the spiritual truth that God uses others in this critical process. Sanctifying is a Life-long process that includes dedicating yourself to responding to the call of God, consecrating your life to fulfill the purpose of God, committed to becoming single-minded before God. This process which involves others, matures us and keeps us from the trap of self-centered evaluation and immaturity. We must trust His Word that as these actions invade every part of our lives, the change in us will be striking, clear to those around us and God will get the Glory.

#### ACTION ITEMS

After reading and reflecting 1 Thessalonians 5:23-24, and the passage in Proverbs, journal about the following question as action items:

- When you think about your emotional self, do you see it as under your ownership?
- How are others essentially involved in this process?

Don't resist if you sense a need to repent and change.

#### INVOLVING OTHERS

The process of genuine sanctification will result in emotional progress and maturity. Invite others to help you to properly see and change in this regard. Allow them to hold you accountable and you commit to this journey.

## Emotional Health V Incorporating A Plan By Prayer & Reflection Friday, June 18, 2021

### **SCRIPTURES OF THE DAY**

[Proverbs 4:18](#) ; [1 Thessalonians 5:23-24](#)

[2 Corinthians 5:17](#) ; [Philippians 3:13](#)

[2 Corinthians 3:16-18](#)

#### **STUDY & REFLECTION**

The subject of emotional health is not one that many of us have given much focus to. If we are honest, we have often covered up, denied, been blind to, or simply not appreciated how important the God-given, emotional parts of our beings are. Too often we have been so focused on the spiritual, we have failed to comprehend how every part of us contributes to the overall health of our daily lives and of the church.

#### **ACTION ITEMS**

I implore you to spend real time today in reflection and prayer before our Zoom encounter. Don't rush it. Pull back the barriers that have denied the Holy Spirit to minister to us in the untouched areas of our damaged emotions. Quiet reflection... waiting patiently can mean real healing of areas never touched by the Spirit of God.

#### **INVOLVING OTHERS**

I trust you have a small group that you will have the opportunity and courage to share with your experience in this critical area of your life.

## Emotional Health VI

Saturday, June 19, 2021

## SCRIPTURES OF THE DAY

[Proverbs 4:18](#) ; [1 Thessalonians](#)

[5:23-24](#)

[2 Corinthians 5:17](#) ; [Philippians](#)

[3:13](#)

[2 Corinthians 3:16-18](#)

REFLECT, WORSHIP AND REPLENISH.....  
REALLY.....



**DO IT!!**