

Emotional Wellness I Conflict Among The Saints Monday, June 21, 2021

SCRIPTURES OF THE DAY
Philippians 4:1-3;
Matthew 18:15-17

STUDY & REFLECTION

God created us as multi-dimensional human beings - we are physical, spiritual, and emotional. As such, the Lord desires us to grow and evolve throughout our lives so that every aspect of our being is healthy and mature. We have begun to learn and appreciate that genuine Spiritual health, wellness, and wholeness must encompass our Emotions. One of the analogies we were challenged by was the concept of our Emotional selves as 'Icebergs.' Would you agree that what we display every day is just like the iceberg....10% seen (the tip of the iceberg) and 90% hidden (covered by the water, beneath the surface).

Emotional Wellness, can only begin to occur and be realized as we have the courage to pull back what has always been there and 'see beneath the surface.' In our passage today, Paul pulls back the covers so to speak and shows us all what is beneath the surface at the church at Philippi. I challenge you to read it in **The English**

Translation: *"So then, my brothers, how dear you are to me and how I miss you! How happy you make me, and how proud I am of you!-- this, dear brothers, is how you should stand firm in your life in the Lord. Euodia and Syntyche, please, I beg you, try to agree as sisters in the Lord. And you too, my faithful partner, I want you to help these women; for they have worked hard with me to spread the gospel, together with Clement and all my other fellow workers, whose names are in God's book of the living."*

Can you imagine it....the Apostle actually 'calls out' two important leaders in the church, who clearly were about the business of the Kingdom and yet were at odds with each other.

ACTION ITEMS

Emotional Wellness as we have shared with you in our definitions of health, wellness and wholeness, sees us fulfilling God's plan and purpose for our lives, and in that living out manifests emotionally a sense of God's Presence and a sense of fulfillment and joy. When this is happening, we are able to overcome disagreement and personal conflict and enjoy together God's goodness and joy as we do His will together. In this reality, we quickly identify and resolve with grace, personal conflict.

Be introspective and honest. Can you identify when as you were endeavoring to do God's will, and had a level of altercation with another child of God? How was this conflict manifested, by you and the other saint? Was the conflict quickly resolved? What were the emotions displayed? Is there still 'carry over' in that relationship today? Journal the experience...

INVOLVING OTHERS

Use Matthew 18:15-17 as a general guide. With your small group, choose an example of conflict between saints, from your experiences and discuss how it was or was not dealt with. Role play how to properly identify and resolve conflict demonstrating Emotional Wellness.

Emotional Wellness II

Biblical Perspectives That Lead To Joy & Peace

Tuesday, June 22, 2021

SCRIPTURES OF THE DAY

Philippians 4:4-7

STUDY & REFLECTION

God wants us to experience peace, joy, and wholeness. There is a significant connection between emotional wellness and spiritual maturity. Rather than pulling us away from our faith, the more healthy we become emotionally the further we grow in our spiritual maturity. Often it is our perspective, how we ‘see’ life that affects the outcome. In our scripture, the Lord gives us instruction in perspective. Read our devotional in The English Version Translation:

“May you always be joyful in your union with the Lord. I say it again: rejoice! Show a gentle attitude toward everyone. The Lord is coming soon. Don't worry about anything, but in all your prayers ask God for what you need, always asking him with a thankful heart. And God's peace, which is far beyond human understanding, will keep your hearts and minds safe in union with Christ Jesus.”

Our perspective, the way we see things, have a tremendous effect on how we experience and what we ‘feel’ about them. Our past is often discoloring our experiences. Affected by past hurts and disappointments, we enter into worship and relationships with others, unknowingly, sabotaging what should be a positive and enriching experience or relationship. **Are we ready to recognize this and let God’s Word re-direct our perspectives?**

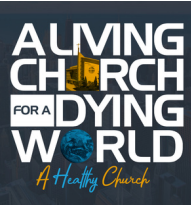
ACTION ITEMS

Here’s the scriptural instruction: “Rejoice in the Lord Always!” Celebrate each day and experience with the joyful confidence that God is in control and is sending blessings your way. Agree in your mind that you mean to **convince all those you interact with that you are on their side, not against them.... supporting them.... encouraging them.** Pray with faith, that God will bless and enrich you daily.

Be honest, is this how we ‘see’ things? It sounds so foreign, so unbelievable. Maybe it’s because we have let life and it’s experience direct our expectations and not the unchanging **Word and Promise of God.**

INVOLVING OTHERS

God provides us with the gift of emotional healing in Christ. We will not be healed or made Emotionally Well if we don’t open our hearts and share with others of faith. If we do we will find a place where our emotional wounds can be safely exposed, understood, and healed. **This happens as we demonstrate real courage and faith and open up to others, sharing with them and being mutually healed.**



Emotional Wellness III

Constantly Loving, Honoring, and Esteeming Others

Wednesday, June 23, 2021

SCRIPTURES OF THE DAY

Romans 12:9-10; Ephesians 4:31-32; Colossians 3:12-15

STUDY & REFLECTION

I implore you to read and re-read these scriptures. Read them in The Living Bible translation. Do it in a quiet place, emptying your mind as much as you can, so that you can hear and believe God. Much of our emotional brokenness and toxicity we hold on to has been formed and become entrenched over the years. As a result, we have allowed our own thinking and experiences to shape and predict even our worship experiences, interactions with others, and outcomes.

What would happen if we changed the game? What would happen if we embraced with faith and expectation, exactly the attitudes, actions, and practices that these scriptures call us to? Romans: "Don't just pretend you love others, really live them!" "Take delight in loving and honoring one another!" Ephesians: "Stop being mean, bad tempered and angry....instead be kind, tenderhearted, forgiving one another like Christ forgives you!" Colossians: because of his (GOD'S) deep love and concern for you, you should practice tenderhearted mercy and kindness to others. Don't worry about making a good impression on them, but be ready to suffer quietly and patiently. Be gentle and ready to forgive; never hold grudges.

Remember, the Lord forgave you, so you must forgive others. Most of all, let love guide your life, for then the whole church will stay together in perfect harmony. (TLB)

ACTION ITEMS

God wants his church to function properly. How can we be the hands and feet of Christ if we simply come to service on Sunday and yet leave the building feeling isolated and unable to be vulnerable? We say the right things and pray the appropriate prayers but now it's time to open up and be vulnerable with yourself and each other. No longer should we just lift our hands and celebrate God's victory but when we walk out the church doors feeling depressed and anxious. As the church we have to get comfortable with being uncomfortable. **God can handle your brokenness, your mess, and your emotions.** Today, draw near to God and expose your wounds. Invite God in to see your bruises so that you can experience fellowship of compassion, grace, and healing.

- Seek God in truth-filled prayer - Don't hide yourself from God
- Acknowledge your circumstances
- Honestly share your emotions with God
- Listen and trust the Voice of God

INVOLVING OTHERS

God wants our lives to be an example of His love and healing. We are a people set-apart to be an influence wherever we are and go. We cannot fulfill his purpose in our lives and become ambassadors if we haven't healed properly emotionally. Emotional abundance empowers our faith walk and flows into our relationships with others. We live in a broken/dying world made of dysfunctional and hurting communities. We need Jesus. And others need to see Jesus in us.

- Share your emotions with Others
- Stand confidently with others to experience God's deliverance
- Commit to loving and encouraging others...no matter what
- Constantly and Continually go to God together as one Body

STUDY & REFLECTION

Emotional Wholeness is dynamic living. Wholeness moves away from simple, isolated, experiences that are often disjointed, broken, and isolated. Wholeness is integrative, and connects life towards completion. Wholeness embraces healing, transformation, inclusion, connection, and completion. Emotional wholeness involves the ability to recognize your emotions, connect them and respond to people and the world around you in a healthy and intentional way. Emotional wholeness manifests itself in how we live together with those God has placed us with. We learn, grow and mature in fellowship together!

ACTION ITEMS

Be careful not to let your spiritual health be a mask to your unhealthy emotions. You can look good spiritually, and you and others will assume that you are emotionally whole. Living in isolation, can lead to false assumptions about ourselves and lead to spiritual manipulation, false pride, and cause destructive patterns that by yourself you are unaware of. Genuine wholeness can only be demonstrated and affirmed as you learn to embrace and live with others in genuine fellowship.

- How often and well do you deliberately connect to others of like faith?
- How well do you think you interact with the 'group' in a positive, transparent way?
- How do you react when others disagree with you?

INVOLVING OTHERS

Learn to find support from your fellow brothers and sisters in Christ before you need it. One of the most powerful things we can do for our overall health is connect with others along the journey to wholeness. Connecting with the body of Christ in a truly deep friendship will allow you to foster relationships with individuals who will tell you what you don't want to hear but you desperately NEED to hear.

A support system is designed to uphold you when you feel defeated or crashed.

Accountability is a healthy positive way to help ensure your emotional wholeness. Let others in the kingdom who know you, know you better and have the right to speak into your life. The difficult conversations begin now because we all have blind spots.

Emotional Wellness & Wholeness

Friday, June 25, 2021

SCRIPTURES OF THE DAY

Acts 2; Acts 4; Ephesians 4:1-6

Romans 12:9-10; Ephesians

4:31-32; Colossians 3:12-15

Philippians 4:4-7

Philippians 4:1-3; Matthew

18:15-17

STUDY & REFLECTION

Reflect and journal the range of emotions you are feeling. To what degree have you become more transparent and open to the areas of your emotional 'iceberg,' that lie secluded under the gaze of others and even yourself?

What are your commitments to identify what has been a hindrance to your emotional progress and what steps you are willing to take to identify, confront, and resolve them?

ACTION ITEMS

After reflecting on all that you have studied and learned about the Emotional Wellness, and Wholeness, how would you rate your growth?

Rate yourself: 1.....2.....3.....4.....5.....6.....7.....8.....9.....10

INVOLVING OTHERS

Ask your small group to do the same exercise and spend some time sharing with each other before tonight's Zoom interaction. You'll find the Zoom link at afcchicago.org for 6pm CST



Emotional Health, Wellness & Wholeness

Saturday, June 26, 2021

**TAKE A
BREAK!**