

TRANSFORMING MY EMOTIONAL HEALTH
FIVE STEPS TOWARDS EMOTIONAL HEALTH



He heals the brokenhearted and bandages their wounds. Psalms 147:3 NLT

Five steps towards emotional health:

1. REVEAL MY _____.

- You will never be emotionally healed until you directly face your feelings.

So I remained utterly silent...But my anguish increased; my heart grew hot within me. While I meditated, the fire burned. Psalms 39:2-3 NIV

- You must be honest with three people:
 - ✓ Yourself.
 - ✓ God. He already knows.
 - ✓ With another trustworthy person.

*When I kept silent, my bones wasted away through my groaning all day long.
Psalms 32:3 NIV*

2. _____ THOSE WHO HAVE HURT ME.

- You must forgive others on your own. "They do not deserve forgiveness". You are right, but you did not deserve God's forgiveness either.

While we were still sinners, Christ died for us. Romans 5:8 NIV

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

3. REPLACE OLD _____ WITH GOD'S TRUTHS.

- **Our brain kept** many expression: You are dumb! You are ugly!

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.

Romans 12:2 NLT

• **How do I change my way of thinking?**

- ✓ Praying. Lord help me...
- ✓ Replacing all lies with the Word of God.

*So now Jesus and the ones he makes holy have the same Father. That is why Jesus is not ashamed to call them his brothers and sisters. **Hebrews 2:11 NLT***

4. REFOCUS ON THE _____.

- Three steps to focus on the future.
 - a. Give up your right to get even. (Devote your heart)
 - b. Ask Jesus to fill every corner of your life (lift up your hands)
 - c. Do not isolate nor become a victim.

*“Yet if you devote your heart and stretch out your hands ...then you will lift up your face; you will stand firm and without fear. You will surely forget your trouble, recalling it only as waters gone by. **Job 11:13-16 NIV***

5. REACH OUT TO _____ OTHERS.

- God wants to redeem your pain. Do not waste your pain, take advantage of it.

*who (God) comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. **2 Corinthians 1:4 NIV***

*This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun! **2 Corinthians 5:17 NLT***

Answers: 1. Hurt. 2. Release. 3. Lies. 4. Future. 5. Help