



## The Emotionally Healthy Christian

### Matthew 11:28 (KJV)

<sup>28</sup> Come unto me, all ye that labour and are heavy laden, and I will give you rest.

### The Steps Toward Good Emotional Health

1. \_\_\_\_\_ my \_\_\_\_\_.

#### Psalm 39:2-3 (NCV)

<sup>2</sup> So I kept very quiet. I didn't even say anything good, but I became even more upset. <sup>3</sup> I became very angry inside, and as I thought about it, my anger burned. So I spoke:

You must be honest with \_\_\_\_\_, honest with \_\_\_\_\_, and honest with \_\_\_\_\_.

2. \_\_\_\_\_ those who have \_\_\_\_\_.

One of the most difficult \_\_\_\_\_ you will make in this life is this: "Do I want to get \_\_\_\_\_ or do I want to get \_\_\_\_\_?"

#### Romans 5:8 (TLB)

<sup>8</sup> But God showed his great love for us by sending Christ to die for us while we were still sinners.

#### Ephesians 4:31 (NLT)

<sup>31</sup> Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior.

#### Psalm 56:8 (NLT)

<sup>8</sup> You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book.

**Romans 12:17-19 (TLB)** <sup>17</sup> Never pay back evil for evil. Do things in such a way that everyone can see you are honest clear through. <sup>18</sup> Don't quarrel with anyone. Be at peace with everyone, just as much as possible. <sup>19</sup> Dear friends, never

avenge yourselves. Leave that to God, for he has said that he will repay those who deserve it. [Don't take the law into your own hands.]

3. \_\_\_\_\_ with God's \_\_\_\_\_.

Let God transform you into a new person changing the way you think.

If you want to change the way you feel about your life, you have to change the way you think about your life. Replace old lies with God's truths.

4. \_\_\_\_\_ on the \_\_\_\_\_.

Put your heart right... Reach out to God... face the world again, firm and courageous, Then all your troubles will fade from your memory, like floods that are past and remembered no more. **Job 11:13-16 (TEV)**

Your past is not your \_\_\_\_\_. The \_\_\_\_\_ you is not the \_\_\_\_\_ you.

Look straight ahead with honest confidence; don't hang your head in shame.  
**Proverbs 4:25 (TEV)**

5. \_\_\_\_\_ to help \_\_\_\_\_.

God wants to redeem your pain. He wants to use your \_\_\_\_\_ to help other people. That's what \_\_\_\_\_ is all about.

**2 Corinthians 1:4 (NCV)**

<sup>4</sup> He comforts us every time we have trouble, so when others have trouble, we can comfort them with the same comfort God gives us.

**2 Corinthians 5:17 (TLB)**

<sup>17</sup> When someone becomes a Christian, he becomes a brand new person inside. He is not the same anymore. A new life has begun!