

## **Imagine- emotional health**

### **I. Introduction-**

Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ. He who calls you is faithful; he will surely do it. I Thes 5:23

#### **A. Mental health is defined as having a Christian worldview**

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. Rom 12:1

**Christian worldview** = interprets our lives according to the truth of God inspired word and Jesus' example recognizing existence of supernatural forces that control each of us and the natural reality we live in.

**Secular or humanist worldview**= a philosophy that embraces human reason, secular ethics, and philosophical naturalism while specifically rejecting the existence of supernatural forces or beings.

#### **B. The Christian worldview is defined by God's word-**

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work. II Tim 3:16

The sum of your word is truth, and every one of your righteous rules endures forever. Ps 119:16

Inspired: breathed by the Spirit of God

Inerrant: free from error

Immutable: not capable or subject to change

Truth: the body of real things, events, and facts

For no one can lay a foundation other than that which is laid, which is Jesus Christ. I Cor 3:11

The sum of your word is truth, and every one of your righteous rules endures forever. PS 119:160C

### **II. We are responsible for our feeling and emotions-**

Speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, from whom the whole body, joined and held together. Eph 4:15

Do not be deceived: God is not mocked, for whatever one sows, that will he also reap. For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life. Gal 6:7

#### **A. Our personal feelings do not trump or remove God's truth-**

In those days there was no king in Israel. Everyone did what was right in his own eyes. Jud 17:6

There is a way that seems right to a man, but its end is the way to death. Prov 14:12

Irrational; not governed according to reason or facts.

#### **B. Times change, truth does not!**

The hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father is seeking such people to worship him. God is spirit, and those who worship him must worship in spirit and truth. Jn 4:23

Jesus said to the Jews who had believed him, "If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free. Jn 8:31

### **III. The Spiritual foundation of our emotions and feelings**

#### **A. We choose the spiritual source of our feelings and emotions-**

1. Born dead and following the spirit of the prince of this world-

You were dead in the trespasses and sins in which you once walked, following the course of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience— among whom we all once lived in the passions of our flesh, carrying out the desires of the body and the mind, and were by nature children of wrath, like the rest of mankind. Eph 2:1

2. Born again into the Holy Spirit-

You will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth." Acts 1:8

You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, although the body is dead because of sin, the Spirit is life because of righteousness. Acts 8:9

**B. The spiritual battle for the control our soul-**

I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do. Gal 5:16

**C. Living out Jesus' attitude in our physical world and our relationships with others-**

You were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another. For the whole law is fulfilled in one word: "You shall love your neighbor as yourself." Gal 5:13

Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others. Have this mind among yourselves, which is yours in Christ Jesus. Phil 2:3

**IV. Winning the Spiritual battle and maintaining our emotional health-**

**A. Acknowledge and identify our feelings**

Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting! Ps 139:23

Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience. For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart. And no creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account. Heb 4:11

**B. We have the reality and the feeling of the Holy Spirit in us-**

1. Fruit of the Holy Spirit that resides in our spirit and in our souls-

The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control. Gal 5:22

**Feelings;** are the internal conscience awareness and recognition of a sensation

**Emotions;** an expression or action (such as anger or fear) that are expressed through our words, actions, and our attitudes that is experienced by other people

**C. Jesus invites us to meet with Him-**

I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing. If anyone does not abide in me he is thrown away like a branch and withers; and the branches are gathered, thrown into the fire, and burned. If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you. By this my Father is glorified, that you bear much fruit and so prove to be my disciples. Jn 15:16

**D. Do not feed the fruit of our flesh-**

The works of the flesh are evident: sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. Gal 5:19

Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. Eph 4:26 & 31

Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others. Have this mind among yourselves, which is yours in Christ Jesus. Phil 2:3

Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Eph 4:29

Corrupting= rotten, putrefied, bad, unfit for use, worthless

Building up=the act of building, edifying,

the act of one who promotes another's growth in Christian wisdom, piety, happiness, holiness