

# Emotional Health and why it is needed more than ever part 1

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What is emotional healthy spirituality and why is it needed more than ever?

The world is getting a little crazy!

*John 16:33*

Why do you do the stress, hurt, pain, frustration and anger?

What does the Scripture teach? What does Jesus teach about this aspect of life?

*Matthew 11:28-29*

How have we been missing this in the modern church?

1. We are lacking in emotional health and maturity in our spiritual formation process.

Emotional wellness or well-being refers to the awareness and understanding a person has about their emotions and how well they are able to manage through different life events.

Emotional well-being, or emotional health or wellness, refers to how well people are able to accept and manage their emotions and cope with challenges throughout life.

*Romans 12:1-2*

*Matthew 23:25-28*

2. We live in a culture, and even Christian culture that emphasizes doing over being.

Protestant work ethic

“Any virtue taken to the extreme can become a vice.”

False self

*Ephesians 4:20-24*

*John 15:5-6*

3. We define success wrongly

“Bigger is always better”

*Luke 9:23*

*Matthew 16:24*

How does the Scripture define success?

Union with God through Jesus

Fruit of the Spirit

Love

“Healthy Christian disciples and leaders are those who consistently live from emotional and spiritual fullness and it impacts every aspect of their lives. Emotional fullness is manifested primarily by a high level of awareness—of their feelings, their weaknesses and limits, how their past impacts their present, and how others experience them. They have the capacity to enter into the feelings and perspectives of others. And they carry these maturities with them into everything they do.” Pete Scazzero Emotionally Healthy Discipleship

What is your plan to grow in union with Jesus? To grow in the fruit of the Spirit? To grow in love of God and others?

Video of Kenny and Heather Haggard

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