

LIVE FROM EMOTIONAL HEALTH

Ephesians 4:25-32

SERMON SUMMARY:

Have you ever said or done something and thought to yourself, “Where did that come from?” Out of nowhere, it seems. When in reality we are often like a volcano, simmering and burning for a long time before the explosion comes. Though good midwesterners often stuff these things down, Jesus is calling us up into a healthier way of living.

SERMON OUTLINE:

We all experience “where did that come from?” moments.

Understanding Ourselves

Paul applies putting off the old self and putting on the new self.

The source of all things is our heart.

A Vision Of Church Worth Pursuing

Healthy individuals create healthy community.

Steps Toward Emotional Health

Pay attention to the “check engine light.”

Emotional health begins with forgiveness.

Case Study: Resolving Anger.

THINK ABOUT IT/TALK ABOUT IT:

- Have you ever said or done something that made you say “Where did that come from?”
- Read Ephesians 4:25-32 again. What do you need to “put off” and what do you need to “put on?”
- What does it mean for something to be a “heart issue?”
- How would Bethel church be different if we all pursued emotional health?
- Why is forgiveness difficult, yet something God calls us to do?
- Did you resonate with the case study? Why or why not?