

Prayer Meeting &  
Bible Study

June 12, 26  
Jul 3, 10, 17, 24

11:30 am - 1:15 pm

# IN GOOD HEALTH

God's Design for a Healthy You

5-WEEK BIBLE STUDY SERIES

**Join us live on Zoom**

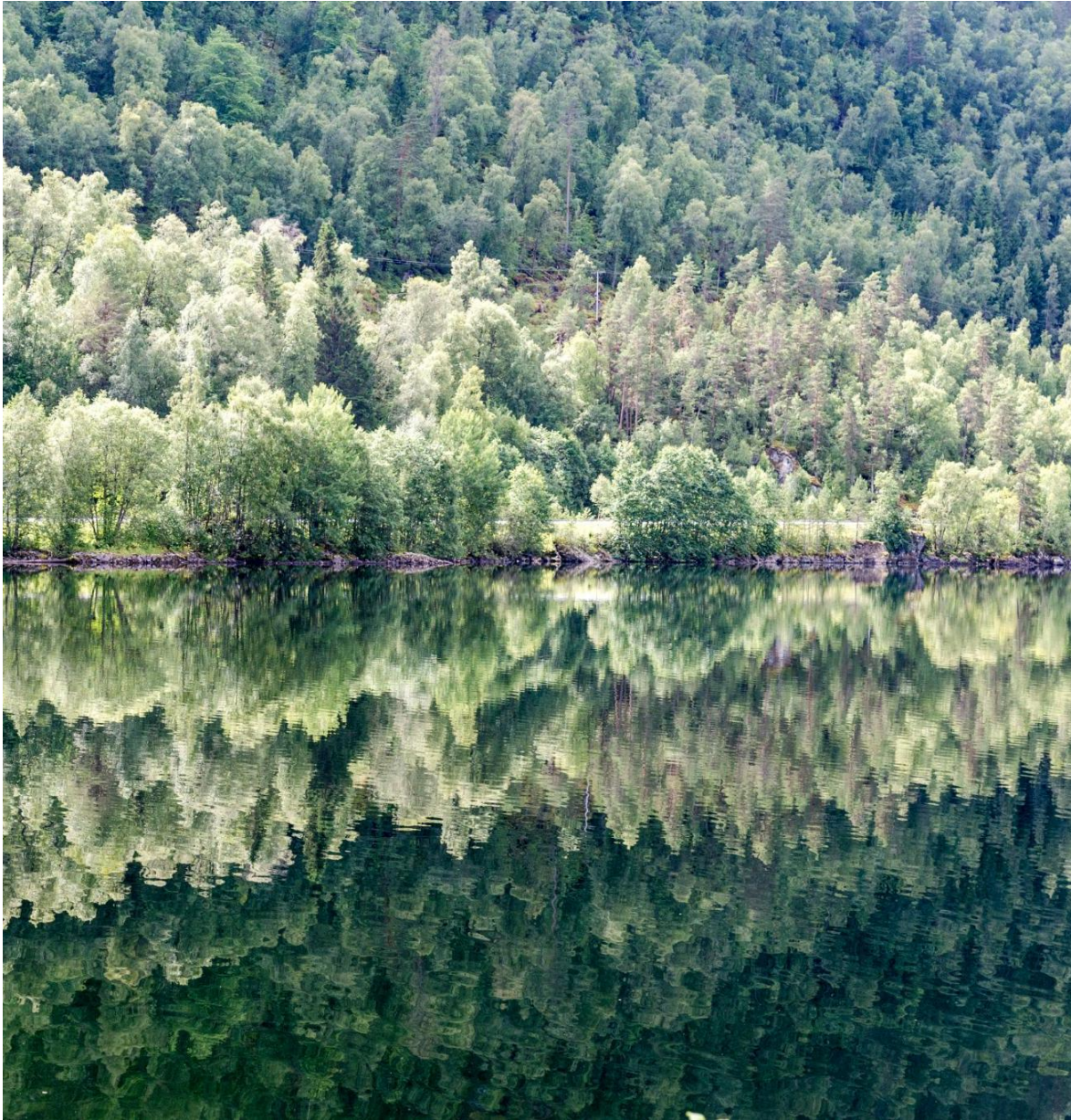
Meeting ID: 834 5430 3988

Passcode: 627132

Rev. Larrin Robertson, Pastor-Teacher  
Word For Life Church Ministries







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# **Peace in the Storm: Cultivating Emotional Wellness**

*Healing and health in difficult times*



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# Lesson Agenda

- Understanding Emotional Wellness
- Scriptural Foundation for Emotional Wellness
- Challenges of Emotional Wellness
- Pathways to Emotional Healing
- Practical Applications for Emotional Wellness

# Understanding Emotional Wellness

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# Definitions: Mental Health and Emotion

Mental health [is] a state of mind characterized by **emotional well-being**, good behavioral adjustment, relative freedom from anxiety and disabling symptoms, and a capacity to establish constructive relationships and cope with the ordinary demands and stresses of life.

- Source: <https://www.apa.org/topics/mental-health>

Emotion [is] a **complex reaction pattern**, involving experiential, behavioral, and physiological elements, by which an individual attempts to deal with a personally significant matter or event. The specific quality of the emotion (e.g., fear, shame) is determined by the specific significance of the event. For example, if the significance involves threat, fear is likely to be generated; if the significance involves disapproval from another, shame is likely to be generated. Emotion typically **involves feeling but differs from feeling in having an overt or implicit engagement with the world.**

- Source: <https://dictionary.apa.org/emotion>

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# Importance of Emotional Health

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## Impact on Thinking and Feeling

Emotional wellness significantly influences how we think and feel, shaping our overall mental state and outlook on life.

## Influence on Relationships

Our emotional wellness affects our relationships with others, including how we view God in light of our personal experiences.

## Physical Health Connection

Emotional wellness impacts physical, spiritual, relational, and financial health, further highlighting the various connections of health and overall well-being.

## Cultivating Balance

Cultivating emotional wellness leads to a more balanced, fulfilling life, helping to navigate challenges effectively.

# Philippians 4:6-9

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6. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.
7. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.
8. Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think on these things.
9. Keep on doing the things you have learned and received and heard and seen in me, and the God of peace will be with you.

## Explore & Explain

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# Biblical Perspective on Emotions



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## Range of Human Emotions

The Bible acknowledges a wide range of human emotions:

- \* Fear: 2 Timothy 1:7
- \* Worry: Matthew 6:25-34
- \* Doubt: Exodus 4; Judges 6
- \* Joy: Nehemiah 8:9-12
- \* Happiness/Contentment: Psalm 1; 1 Timothy 6:6-10



## Connection with God

Emotions can serve as avenues to connect with God and experience God's presence in our lives.

- \* Genesis 3:8-10
- \* Psalm 37:1-4
- \* Psalm 51
- \* Isaiah 41:10
- \* 1 Thessalonians 5:16-18





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# God-Given Nature of Emotions

## Emotions as a Divine Gift

Emotions are considered a gift from God, enriching our lives and providing depth to our experiences.

## Connecting with Others

Emotions play an important role in how we connect with others, build relationships, and develop empathy.

## Navigating Experiences

By recognizing and understanding our emotions, we can better navigate life's experiences and challenges.

# Scriptural Foundation for Emotional Wellness

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# Explore & Explain

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## Philippians 4:6–7

### Overcoming Anxiety

The scripture encourages individuals to overcome anxiety by trusting in God and his plan for their lives.

### The Power of Prayer

Prayer is emphasized as a vital tool for presenting our requests to God and finding inner peace.

### Peace and Stability

The promise of peace comes through faith and prayer, offering emotional stability amidst challenges.

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# Psalm 34:18

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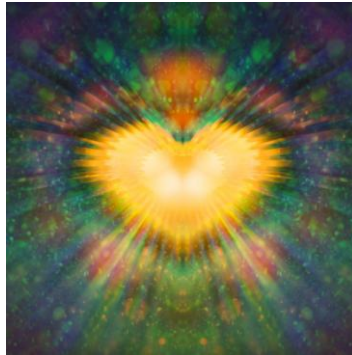
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## God's Presence

This verse highlights that God is always present, especially for those who are struggling emotionally.



## Compassion for the Brokenhearted

Psalm 34:18 emphasizes God's compassion, reminding us that we are not alone in our pain.



## Offering Hope

This verse serves as a source of hope, encouraging those in distress to find solace in faith.



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# God's Invitation to Bring Anxieties and Grief

## Invitation to Surrender

God encourages us to surrender our burdens and anxieties, offering a path to emotional healing through faith.

## Casting Our Cares

The biblical principle of casting our cares on God allows us to find peace and comfort in times of distress.

## Emotional Healing

Surrendering our grief and anxieties is essential for emotional healing and leads to a deeper relationship with God.

Cast all your anxiety  
on him, because he  
cares for you.

- *1 Peter 5:7*

“Take your burden to  
the Lord and leave it  
there.”

- *Leave it There (Hymn)*

# Challenges of Emotional Wellness

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# Stress, Anxiety, and Depression

## Manifestation of Emotional Challenges

Stress, anxiety, and depression can show up in different ways, influencing our daily activities and interactions.

## Impact on Daily Life

These emotional challenges can significantly affect our productivity, relationships, and overall quality of life.

## Strategies for Emotional Wellness

Understanding the impact of these emotional challenges is essential for developing effective strategies for emotional wellness.

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# Acknowledging the Reality of Emotional Struggles



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## Part of Human Experience

Emotional struggles are a universal part of being human, affecting everyone at different times in their lives.



## Seeking Help

Acknowledging emotional challenges empowers individuals to seek help and support, fostering a healthier mindset.



## Breaking the Stigma

Recognizing emotional struggles without shame contributes to breaking the stigma surrounding mental health issues.



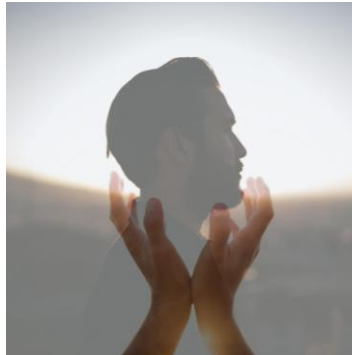
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# God's Presence in Our Struggles



## Comfort in Distress

In moments of emotional turmoil, the belief in God's presence offers profound comfort and reassurance.



## Strength Through Faith

Faith in God's presence can empower individuals to face their struggles with renewed strength and resilience.



## Navigating Difficult Emotions

Believing in God's companionship helps navigate through life's challenging emotional landscapes.

# **Practical Applications for Emotional Wellness**

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# Pray

## **Emotional Healing**

Prayer can facilitate emotional health as we express our feelings and seek God's comfort.

## **Communication with God**

Prayer fosters connection with God who, by His Spirit, provides guidance and support during difficult times.

## **Peace and Guidance**

Prayer serves as a source of peace and guidance to help us navigate our emotions and life challenges.

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# Godly Thinking and Mindfulness



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*...think on these things (Phil 4:8)*

## **Holy, Righteous, and Sacred**

Practicing godly thinking encourages us to frame our thoughts positively, enhancing our mental well-being.

## **Staying Present**

The practice of mindfulness helps us stay present and allows us to engage with our surroundings and experiences.

## **Stress Alleviation**

Engaging in mindfulness can significantly alleviate stress, promoting a sense of calm and emotional stability.

## **Emotional Balance**

Practicing mindfulness contributes to emotional balance, helping us navigate life's ups and downs with grace.



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# Encouraging Transparency and Openness

## Fostering Trust

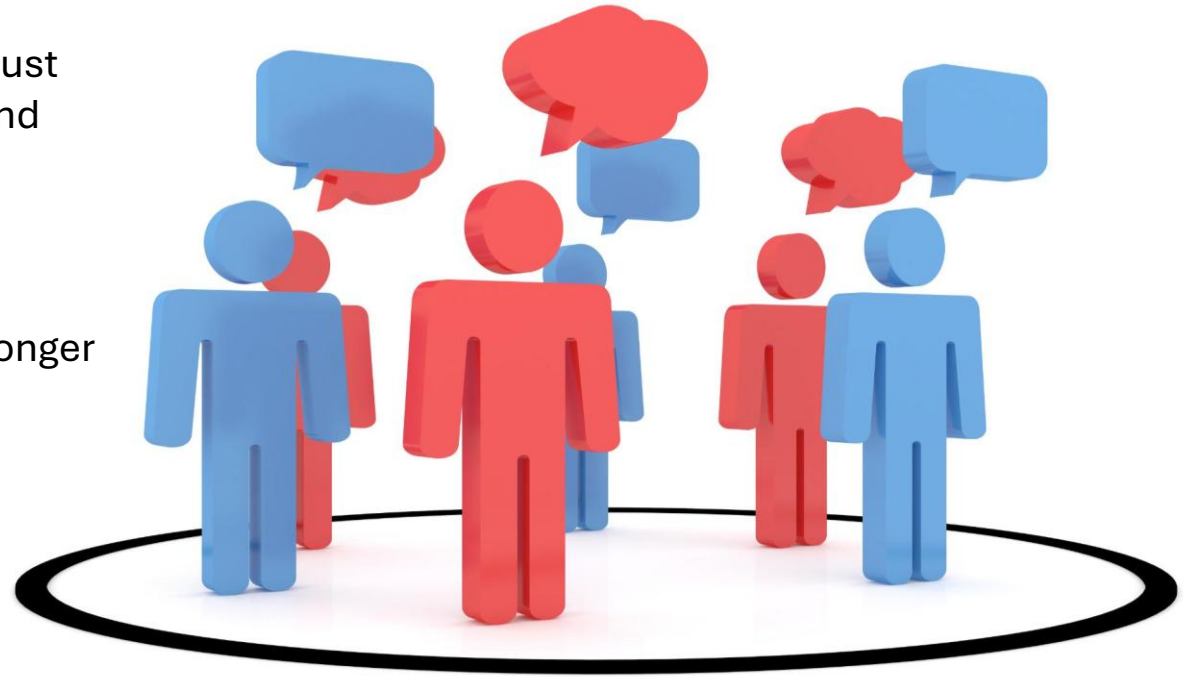
Creating an environment of transparency enhances trust among individuals, leading to stronger connections and teamwork.

## Strengthening Relationships

Openness about emotions contributes to building stronger relationships, enhancing personal and professional networks.

## Support Networks

Transparency encourages the formation of support networks that provide help and understanding in challenging times.



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# Importance of Community Support

## **Emotional Wellness**

Community support significantly enhances emotional wellness by fostering connection and understanding among individuals in a community.

## **Encouragement and Accountability**

Connecting with others provides essential encouragement and accountability, motivating individuals to pursue their goals and overcome challenges.

## **Safe Space for Sharing**

A supportive community offers a safe space where individuals can share their feelings without fear of judgment, promoting openness and healing.



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# Building a Supportive Community



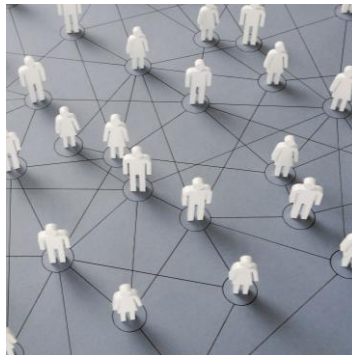
## Importance of Supportive Communities

A supportive community enhances emotional wellness by providing understanding and connection among its members.



## Shared Values and Beliefs

Engaging with others who share similar values fosters a sense of belonging and validation.



## Feeling Understood and Valued

A supportive community helps individuals feel valued and understood, which is essential for emotional health.

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# Faith-Based Practices: Journaling, Rest, and Therapy

## **Journaling for Reflection**

Journaling allows individuals to reflect on their thoughts and feelings, enhancing emotional clarity and self-awareness.

## **Importance of Rest**

Taking time for rest is essential for emotional wellness; it rejuvenates the mind and body, fostering overall well-being.

## **Seeking Professional Support**

Therapy provides professional guidance and support, helping individuals navigate their emotional realities and promote healing.





# Conclusion

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## **Importance of Emotional Wellness**

Emotional wellness is crucial for overall well-being and affects how we navigate life's challenges.

## **Biblical Lessons/Principles on Emotions**

Biblical principles guide us in understanding and managing our emotions effectively for good health.

## **Cultivating Resilience**

Implementing practical strategies helps us build resilience, allowing us to face life's storms with peace.