



thinking & feeling with God

You cannot be spiritual mature if you are emotionally unhealthy



Foundations for Emotional Health

“Feelings, ultimately, are tools we have been given to live fully in a tragic place, where wonder and tragedy, great loves and great losses, intermingle.” – Chip Dodd



Foundations for Emotional Health

- Emotions Communicate Value
- Emotions Help Us to Connect
- Emotions Motivate Us
- Emotions Turn Us toward God



Errors with Our Emotions

- Emotions Are Everything – Spit It Up



Errors with Our Emotions

- Emotions Are Everything – Spit It Up
- Emotions Are Nothing – Suck It Up



Errors with Our Emotions

- Emotions Are Everything – Spit It Up
- Emotions Are Nothing – Suck It Up
- Engage Our Emotions – Think and Feel With God



Psalms

The Psalms are both poetry and prayer

- *Poetry*: language that expresses our inner feelings and longings
- *Prayer*: language that addresses and responds to God



Foundations for Emotional Health

1. Meditate on God's Word – Psalm 1



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*Circumstances change. Emotions come and go.
God's Word nourishes and sustains all those who
delight in it and meditate on it.*



Foundations for Emotional Health

- **Adore** – What did you learn about God for which you could praise or thank him?
- **Admit** – What did you learn about yourself for which you could repent?
- **Aspire** – What did you learn about life that you could aspire to, ask for, or act on?



Foundations for Emotional Health

1. Meditate on God's Word – Psalm 1
2. Submit your life to Jesus – Psalm 2



Foundations for Emotional Health

2. Submit your life to Jesus – Psalm 2

"Relying on God has to begin all over again every day as if nothing had yet been done." – C. S. Lewis

