

**Intro:** This time of isolation has us all on edge. Our stress comes out in all kinds of ways, love most  
Pulled into the parking lot at church the other day, had to go and take care of some things  
Before I got out of my truck I stopped and sent my wife a text.  
*"I'm sorry I'm so grumpy and mean. I don't want to be. Please forgive me. I'll be home as soon as I can"*

That is the reality for most of us in this time isn't it? In fact, I'm on a national poll with Pastors across the country. Real time update from thousands, responding to a series of questions: #1 Issue of concern  
*It's not physical health. It's not Financial health It's not spiritual health EMOTIONAL HEALTH*

That's what we are focused on today as we continue our series: STATUS SECURE

This time of isolation has us all on edge. How do we deal with these crazy emotions. We ALL have them  
We can deal with them in an UNGODLY way....Like I did...Or we can deal with them in a GODLY way

So, WHERE and HOW do we find and maintain good emotional health in this time we find ourselves in  
Grab your bible, and a pencil and paper...Variety of bible verses, look at a ton...don't want to miss them

### 1. Be Encouraged By Knowing that Jesus "Get's It"

Many of us have this inaccurate picture of Jesus in our brain. You know the one, right?  
See it everywhere, your grandma had it, find it in old SS lessons, back of cards at funerals

**Illus:** Perfect Jesus: Garden, Getting ready to go to the cross: This serene look, gazing up, slight glow....  
That's NOT reality! Bible tells us Jesus was so stressed...under pressure sweat blood...

So, what IS the reality of Jesus? Does He REALLY "Get it?" Heb 4:15-16

*"For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are-- yet was without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."*

### 10 Emotions Sheet

Jesus Gets It! Be Encouraged...Whatever you are going through...He understands...Connects  
You can GO to Him...and find Grace and Mercy in time of Need!

### 2. Be Healthy By Controlling Your Emotions Instead of Letting Your Emotions Control You.

I know people who "give themselves a pass" when they say or do something they shouldn't, when they express their emotions in an unhealthy way by saying, that's just way I am! I'm just an emotional person

That may be who you are...but it doesn't have to be how you stay!

*"For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline."* 2Tim 1:7

*"A fool gives full vent to his anger, but a wise man keeps himself under control."* Pr 29:11

*"Above all else, guard your heart, for it is the wellspring of life."* Prov 4:23

So, THAT is what we are supposed to do...HOW do we do it?

### 6 Strategies for Maintaining Emotional Health Sheet

**CONCL:** If you are like the rest of the world..this time is wearing on you. But, in the middle of it:  
Good News! We can Control our Emotions...and Be Emotionally Healthy. Not easy, but by God's grace and with His help we can do it. I'm praying for you this week to make that a reality. I know as you implement those strategies God will give you strength.

1. Do them yourself
2. Send this message to others...it's REALLY needed right now!
3. Please know, I'm praying for you...specific need...dgray@rtbc.org
- 4.

#### Heb 4:15-16

*“For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are-- yet was without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.”*

**Compassion:** ( Crowds seeking) *To have your emotions and heart moved within*

**Mt 9:36** *“When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd.”*

**Amazement:** (Centurion) *To marvel, to wonder, to be astonished or amazed*

**Mt 8:10** *“When Jesus heard this, he was astonished and said to those following him, "I tell you the truth, I have not found anyone in Israel with such great faith.”*

**Anger:** (Religious Leaders with hard hearts) *Violent passion, indignation (Ogre)*

**Mark 3:5** *“He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, "Stretch out your hand.”*

**Distress:** *to be sorrowful; grieved or heartbroken*

**Grief:** (Prospect of leaving them, Cross) *to be intensely sorrowful; exceedingly sad; overwhelmed grief*

**Mt 26:38** *“Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.”*

**Joy:** (Teach Disciples their purpose fulfilling His) *Internal gladness, exceeding cheerfulness; Rejoicing*

**John 15:11** *“I have told you this so that my joy may be in you and that your joy may be complete.”*

**Love:** (Rich young Ruler) *To care for someone deeply, unselfish care, seek best,*

**Mark 10:21** *“Jesus looked at him and loved him. "One thing you lack," he said. "Go, sell everything you have and give to the poor, and you will have treasure in heaven. Then come, follow me.”*

**Overwhelmed:** (Pressure of needs of crowds) *Needed to get away and decompress*

**Luke 5:15-16** *“Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses But Jesus often withdrew to lonely places and prayed.”*

**Frustration:** (Demon Possessed Boy: Those that just don't “get it”, explain it AGAIN?)

**Mt 17:14** *“O unbelieving and perverse generation," Jesus replied, "how long shall I stay with you? How long shall I put up with you? Bring the boy here to me.”*

**Empathy:** (Mother while on Cross) *Sharing in the pain of others*

**John 19:26** *“When Jesus saw his mother there, and the disciple whom he loved standing nearby, he said to his mother, "Dear woman, here is your son,”*

**Jesus Gets It! Be Encouraged...Whatever you are going through...He understands...Connects  
You can GO to Him...and find Grace and Mercy in time of Need!**

## 6 Strategies For Maintaining Emotional Health

### 1. Start your day/meeting/encounter/conversation by submitting to the Holy Spirit.

Before you start...stop: Pray...Breathe...Father...YOU take control here

Ro 12:1-3 *Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God-- this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is-- his good, pleasing and perfect will. For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you.*

### 2. Remember He is with you in the middle of whatever is going on. You are not alone!

Sometimes we forget that promise...but God made it to almost every man and woman of faith!

Jos 1:5 *"No one will be able to stand up against you all the days of your life. As I was with Moses, so I will be with you; I will never leave you nor forsake you."*

### 3. Stop and pray when you feel anxious/overwhelmed/unable/weak/not sufficient

You might say, how can I stop and pray in the middle of a meeting, argument, struggle...

Not saying, stop, close eyes, get on knees...If you can...awesome...but if not...Pause, Breath Prayer  
Philippians 4:6-7 *"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*

Illus: Richard Foster, in his book on Prayer: Breath Prayer: HELP!

Probably no more sincere and passionate prayers than people in those positions..fall in well headfirst!

### 4. Look Beyond Pain To Process and Outcome God Has For What Is Going On.

When we are in the middle of something we feel like "what is the point?" WHY? No Good thing

But it can. God uses every single part of our life to move us toward His goal for us: Like Jesus

And when we accept that...and embrace it...look beyond the pain and struggle, makes sense: HELPS

When you understand...God you are USING this to make me better/Stronger/More Empathetic  
Hebrews 12:2-3 *"Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart."*

James 1:2-3 *"Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything."*

### 5. Give yourself grace when you fail...because God does.

I know people (me sometimes) that are their own harshest critic. Grace to others...not to themselves

We have to learn to be as gracious to ourselves as we are to others. (Not to others...START!)

Here is what I am saying. Be gentle with yourself. Extend grace. Be forgiving: (Not excusing)

Psalms 103:13-14 *"As a father has compassion on his children, so the LORD has compassion on those who fear him; for he knows how we are formed, he remembers that we are dust."*

### 6. Always remember, God isn't going to throw you away because you fail.

God never reaches a point with His children that He says; I'm done with you! Don't want you any longer

Psalms 37:23 *"The steps of a good man are ordered by the Lord, And He delights in his way. Though he fall, he shall not be utterly cast down; For the Lord upholds him with His hand."*