

Today: Faith-Inspired Emotional Health
Text: James 1:1-5; John 10:7-15
Speaker: Pastor Kevin

There are two pandemics going on simultaneously...
Some analogies for how you may be feeling...

The compounding toll on emotional health with each new pandemic stage...

Emotional health myths:

- I must appear “put together” to be worthy of love & respect.
- We are all in the same boat emotionally from this pandemic.
- I am always aware of my own emotional health.
- Emotional health and spiritual health are unrelated.

Good News: God cares about you and your emotional health. He gives us...

Five Wise, Biblical Practices for My Emotional Health

1. Receive and Give _____ to Myself and Others. (James 4:6)
2. Start and End Each Day Refueling My _____. (Psalm 92:1-2)
3. Establish and Stick to a Simple _____. (Ephesians 4:15-16)
4. Share My _____ Instead of Ignoring Them. (2 Corinthians 1:8)
5. Serve Someone _____ More Than I Am. (Proverbs 11:25)

You Can Only Control What Is Controllable. Trust God for the Rest!

Come and Receive Holy Communion This Morning for Spiritual & Emotional Health.

S.D.G.