

Reset Part 2: My Emotional Health

*“May God himself, the God of peace, **sanctify** you through and through. May your whole **spirit, soul** and **body** be kept blameless at the coming of our Lord Jesus Christ.” 1 Thessalonians 5:23 NIV*

*“So also it is written, “The first man, Adam, became a **living soul**.” The last Adam became a **life-giving spirit**.” 1 Corinthians 15:45 NASB1995*

*“Those who live according to the flesh (body & soul) have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind governed by the flesh is death, but the mind governed by the Spirit is **life and peace**... Therefore, brothers and sisters, we have an **obligation**—but it is not to the flesh, to live according to it. For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live. For those who are led by the Spirit of God are the children of God.” Romans 8:5-6, 12-14 NIV*

✓ **We experience shock.**

✓ **We feel sorrow.**

✓ **We begin to struggle.**

*“Beloved, I pray that in all respects you may prosper and be in **good health**, just as your **soul prospers**.” 3 John 1:2 NASB1995*

*Jesus said, “These words I speak to you are not incidental additions to your life, homeowner improvements to your standard of living. They are **foundational words, words to build a life on**. If you work these words into your life, you are like a smart carpenter who built his house on solid rock. Rain poured down, the river flooded, a tornado hit— but nothing moved that house. It was fixed to the rock.” Matthew 7:24-25 MSG*

1. Our foundation: the quality of our relationships and connectedness.

*“And let us not neglect our **meeting together**, as some people do, but encourage one another, especially now that the day of his return is drawing near.” Hebrews 10:25 NLT*

*“From him the whole body, joined and held together by every supporting ligament, grows and **builds itself up in love**, as each part does its work.” Ephesians 4:16 NIV*

Reconnect with God and others **every day**.

2. Our framing: the structure of purpose and routines.

*"For I know the **plans** I have for you," declares the LORD, "**plans** to prosper you and not to harm you, **plans** to give you hope and a future." Jeremiah 29:11 NIV*

*"Where there is no **vision**, the people perish." Proverbs 29:18 KJV*

"Let us think of ways to motivate one another to acts of love and good works." Hebrews 10:24 NLT

Rediscover my **purpose** and establish a new **routine** to make a difference.

3. Our finishes: the beautifying of trust and self-control.

Trust – to rely upon God as true and to believe the best about others.

*"Let us hold tightly without wavering to the hope we affirm, for **God can be trusted to keep his promise.**" Hebrews 10:23 NLT*

*"**Trust** in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." Proverbs 3:5-6 NIV*

Self-control – to daily take control of what I can control and give up control of what I can't.

Serenity Prayer: "God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. Living one day at a time, enjoying one moment at a time; accepting hardship as a pathway to peace; taking, as Jesus did, this sinful world as it is, not as I would have it; trusting that You will make all things right if I surrender to Your will; so that I may be reasonably happy in this life and supremely happy with You forever in the next. Amen." – Reinhold Niebuhr