



Flourish: Emotional Health

February 18, 2024

Speaker: Dr. Dick Foth

Scripture: Psalm 92:12-15, Psalm 139, Proverbs 17:22, Prov 16:32, 2 Tim 1:7, Philip 4:4-18

Sermon Overview: God created us to have emotions. Jesus' life and ministry were filled with the full range of emotions from birth to death to resurrection, experiencing fear, joy, anger, sorrow, gratitude. God gave us emotions that they may be expressed in healthy ways and serve as a source of enrichment, but they are not meant to overwhelm and run our lives. God gave us His Word to serve as the gauge and the guide to govern and express our emotions in a godly manner.

Sermon Series Question:

1. Where are you planted? Where is your hope planted?

Sermon-Specific Questions:

1. What emotions are you currently experiencing in your present season? How are you processing them?
2. "For God didn't give us a spirit of fear, but of power, love, and self-control," 2 Timothy 1:7. How does God's power, love, and self-control help you through this process? If you haven't ever processed difficult emotions with your heart turned toward the Lord, what might that look like for you in the future?
3. Where do your emotions live? How do thoughts and perceptions affect your emotions? Read Philippians 4:4-9. How do these verses guide us in our thought life and in God's instruction to make every thought obedient to Christ (2 Corinthians 10:5)? How should this process affect our emotional health?

Digging Deeper:

1. The Westminster Shorter Catechism says that we were created to glorify and enjoy God forever. How do you enjoy God? Or is this something that is new for you?
2. “Out of the pain comes the promise,” Dr. Foth. Consider the major positive emotions of *joy*, *gratitude*, and *compassion* with the major negative emotions of *sadness*, *fear*, and *anger*. How did these emotions intersect at the cross? What was the result of their intersection? Jesus says that we must take up our cross daily. What does that mean for our emotional life as we encounter the intersection of these emotions daily?

Practical Application:

- Consider looking at our fasting resources at ncc.re/fast. What has your experience been with fasting?
- Join us for the John Wesley fast– Text “fast” to– 844-504-0861
- Join a group or a ministry team, or become a mission partner!
- Get in community with a small group. It’s not too late. Check them all out at ncc.re/groups!!