

Living My Best Life

Week Two: 4-26-20

Emotionally Healthy Life: Part One

People who are emotionally healthy are in control of their thoughts, feelings, and behaviors. They are able to cope with life's challenges. They can keep problems in perspective and bounce back from setbacks. *They feel good about themselves and have good relationships.*

1. God is _____.

"I hate all your festivals and sacrifices. I cannot stand the sight of them!"

Isaiah 1:14 (NLT)

"Here is my servant, whom I uphold, my chosen one in whom I delight..."

Isaiah 42:1a, (NIV)

"So he got up and went to his father. "But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him.

Luke 15:20-24 (NIV)

2. Emotions _____-_____stified.

A. They do not _____ truth.

"Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me."

John 14:6 (NIV)

B. They verify our _____ of truth.

"When he came near the place where the road goes down the Mount of Olives, the whole crowd of disciples began joyfully to praise God in loud voices for all the miracles they had seen"

Luke 19:37 (NIV)

"Everyone in Israel should then know for certain that God has made Jesus both Lord and Christ, even though you put him to death on a cross. When the people heard this, they were very upset. They asked Peter and the other apostles, "Friends, what shall we do?""

Acts 2:36-37 (CEV)

C. Designed to deepen our _____ with God.

"Love the Lord your God with all your heart and with all your soul and with all your strength."

Deuteronomy 6:5 (NIV)

3. Emotions have been _____.

"I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate...I want to do what is right, but I can't. ¹⁹ I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway."

Romans 7:15, 18b-19 (NLT)

A. _____-conflict.

"We are tempted by our own desires that drag us off and trap us. Our desires make us sin, and when sin is finished with us, it leaves us dead."

James 1:14-15 (CEV)

B. _____ conflict.

"Peter took him aside and began to rebuke him. "Never, Lord!" he said. "This shall never happen to you!" Jesus turned and said to Peter, "Get behind me, Satan! You are a stumbling block to me; you do not have in mind the things of God, but the things of men."

Matthew 16:22-23 (NIV)

Feelings when your needs are satisfied

AFFECTIONATE

compassionate
friendly
loving
open hearted
sympathetic
tender
warm

ENGAGED

absorbed
alert
curious
engrossed
enchanted
entranced
fascinated
interested
intrigued
involved
spellbound
stimulated

HOPEFUL

expectant
encouraged
optimistic

CONFIDENT

empowered
open
proud
safe
secure

EXCITED

amazed
animated
ardent
aroused
astonished
dazzled
eager
energetic
enthusiastic
giddy
invigorated
lively
passionate
surprised
vibrant

GRATEFUL

appreciative
moved
thankful
touched

INSPIRED

amazed
awed
wonder

JOYFUL

amused
delighted
glad
happy
jubilant
pleased
tickled

EXHILARATED

blissful
ecstatic
elated
enthralled
exuberant
radiant
rapturous
thrilled

PEACEFUL

calm
clear headed
comfortable
centered
content
equanimous
fulfilled
mellow
quiet
relaxed
relieved
satisfied
serene
still
tranquil
trusting

REFRESHED

enlivened
rejuvenated
renewed
rested
restored
revived

Feelings when your needs are **not** satisfied

AFRAID

apprehensive
dread
foreboding
frightened
mistrustful
panicked
petrified
scared
suspicious
terrified
wary
worried

ANNOYED

aggravated
dismayed
disgruntled
displeased
exasperated
frustrated
impatient
irritated
irked

ANGRY

enraged
furious
incensed
indignant
irate
livid
outraged
resentful

AVERSION

animosity
appalled
contempt
disgusted
dislike
hate
horrified
hostile
repulsed

CONFUSED

ambivalent
baffled
bewildered
dazed
hesitant
lost
mystified
perplexed
puzzled
torn

DISCONNECTED

alienated
aloof
apathetic
bored
cold
detached
distant
distracted
indifferent
numb
removed

uninterested
withdrawn

DISQUIET

agitated
alarmed
discombobulated
disconcerted
disturbed
perturbed
rattled
restless
shocked
startled
surprised
troubled
turbulent
turmoil
uncomfortable
uneasy
unnerved
unsettled
upset

EMBARRASSED

ashamed
chagrined
flustered
guilty
mortified
self-conscious

FATIGUE

beat
burnt out

depleted
exhausted
lethargic
listless
sleepy
tired
weary
worn out

PAIN

agony
anguished
bereaved
devastated
grief
heartbroken
hurt
lonely
miserable
regretful
remorseful

SAD

depressed
dejected
despair
despondent
disappointed
discouraged
disheartened
forlorn
gloomy
heavy hearted
hopeless

melancholy
unhappy
wretched

TENSE

anxious
cranky
distressed
distraught
edgy
fidgety
frazzled
irritable
jittery
nervous
overwhelmed
restless
stressed out

VULNERABLE

fragile
guarded
helpless
insecure
leery
reserved
sensitive
shaky

YEARNING

envious
jealous
longing
nostalgic
pining
wistful