

Living My Best Life

Emotionally Healthy: Part Two

1. Focus on God's _____.

"Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God's right hand."

Colossians 3:1 (NLT)

2. Bring _____ into God's reality.

"Think about the things of heaven, not the things of earth. ³ For you died to this life, and your real life is hidden with Christ in God. ⁴ And when Christ, who is your life, is revealed to the whole world, you will share in all his glory."

Colossians 3:2-4 (NLT)

A. Identification and _____.

B. _____.

"So put to death the sinful, earthly things lurking within you." Colossians 3:5a (NLT)

* D _____.

* P _____.

"Have nothing to do with sexual immorality, impurity, lust, and evil desires. Don't be greedy, for a greedy person is an idolater, worshiping the things of this world. ⁶ Because of these sins, the anger of God is coming. ⁷ You used to do these things when your life was still part of this world."

Colossians 3:5b-7 (NLT)

C. Exchange _____.

* _____ way.

"But now is the time to get rid of anger, rage, malicious behavior, slander, and dirty language. Don't lie to each other, for you have stripped off your old evil nature and all its wicked deeds."

Colossians 3:8-9 (NLT)

* _____ way.

"Put on your new nature, and be renewed as you learn to know your Creator and become like him...Christ is all that matters, and he lives in all of us. ¹² Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience."

Colossians 3:10-12 (NLT)

4. Consider the _____ component.

"Against its will, all creation was subjected to God's curse. But with eager hope, ²¹ the creation looks forward to the day when it will join God's children in glorious freedom from death and decay."

Romans 8:20-21 (NLT)

5. Become an emotional _____ to others.

"Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. ¹⁴ Above all, clothe yourselves with love, which binds us all together in perfect harmony. ¹⁵ And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful."

Colossians 3:13-15 (NLT)