



A FAITH THAT LEADS TO EMOTIONAL HEALTH PART 1

A Faith That Works When Life Doesn't
Rick Warren

"Don't burn out! KEEP YOURSELVES FUELED and aflame . . . Don't quit in hard times; instead pray all the harder." Romans 12:11-12 (The Message)

10 COMMANDMENTS FOR EMOTIONAL HEALTH DURING COVID-19

1. SHOW _____

"God loves to give us more grace. He opposes the prideful but he gives grace to the humble." James 4:6

2. START _____

"Humbly accept God's Word planted in your heart. It is able to save your souls."
James 1:21

"Every morning thank God for his love and every evening thank him for his faithfulness."
Psalm 92:2

3. SET _____

"Carefully consider how you live. Live wisely, not foolishly. Make the most of your time because these are difficult, evil days." Ephesians 5:15-16

4. STOP _____

Jesus: *"Your eye is the lamp of your body. If your vision is good, your whole being will be full of light. But if you're focused on the bad, your life will be full of darkness!"*
Matthew 6:22-23

"Keep me from paying attention to what is worthless." Psalm 119:37 (GNT)

5. SCHEDULE _____

"Speak encouraging words to each another. Build up hope so you'll all be together in this, with no one left out, and no one left behind. I know you're already doing this; just keep on doing it!" 1 Thessalonians 5:11 (The Message)

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