

## A FAITH THAT LEADS TO EMOTIONAL HEALTH

“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 GRACE TO MYSELF & OTHERS

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

#### 2. START & END EACH DAY REFUELING MY SOUL

“. . . 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 & STICK WITH A SIMPLE ROUTINE

“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 WATCHING SO MUCH NEWS

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 (TEV)

#### 5. SCHEDULE A DAILY CONNECTION WITH PEOPLE I LOVE

“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)

**6. SHARE YOUR FEELINGS INSTEAD OF STUFFING THEM**

“Share each other's troubles and problems, and in this way obey the law of Christ.” Galatians 6:2 (NLT)

“Confess your faults one to another, and pray one for another, so that you may be healed.” James 5:16 (KJV)

**7. SEEK ADVICE BEFORE MAKING MAJOR DECISIONS**

“Our plans often fail because we don't seek advice. But listening to good counsel will bring success.” Proverbs 15:22

“There is safety in seeking multiple counsel.” Proverbs 11:14

**8. SPACE RENEWAL BREAKS THROUGHOUT MY DAY**

“Even young people become exhausted and give up too soon. But those who wait on the Lord will renew their strength. They will soar like eagles. They'll keep running and NOT grow weary. They'll walk and not grow weak.” Isaiah 40:30-31

**9. SERVE SOMEONE SUFFERING MORE THAN ME**

“The religion that God our Father accepts as pure and faultless is this: to care for orphans or widows who need help in their distress and to keep yourself uncorrupted by the world.” James 1:27

“The generous prosper and are satisfied; those who refresh others will themselves be refreshed.” Proverbs 11:25 (NLT)

**10. CONTROL THE CONTROLLABLE & TRUST GOD FOR THE REST**

(From Abraham's example) “We see that his faith and his actions worked together. His faith was made complete by what he did.” James 2:22

Watch Pastor Rick's full teaching on [\*A Faith That Leads to Emotional Health\*](#)