

Pathway to Emotional and Spiritual Health | Spring: "Understanding Your Inner Life"
**Week 1: Why Emotional Health Matters in Spiritual Growth and
Understanding Emotions As Signals, Not Enemies**
Speaker: Patricia Driggers

Emotional Health Matters

- Elijah and emotions (I Kings 18:17-40; I Kings 19:1-8)
- **H.A.L.T.** method (Don't let yourself become too **H**ungry, **A**ngry, **L**onely, **T**ired)
- The Eight Laws of Health - "**NEW START**" (WhiteRockLakeSDA.org)
 - **N**utrition (Gen. 1:29)
 - **E**xercise (I Tim. 4:8)
 - **W**ater (Rev. 21:6)
 - **S**unshine (Psalm 27:1)
 - **T**emperance (Phil. 4:5)
 - **A**ir (Job 33:4)
 - **R**est (Gen. 2:2)
 - **T**rust God (Prov. 3:5)
- An ounce of prevention is worth a pound of cure.
- Honor God and the body He created. (I Cor. 3:16-17; I Cor. 6:19)

God Created Emotions

- Emotions can direct our attention to what is important to God. (I Sam. 30:6)
- Rely on God's promises:
 - Peace (John 14:27)
 - God's love (I John 4:9-10)
 - God with us (Deut. 3:16)
 - Protection (II Thess. 3:3)
 - Strength (Isaiah 40:31)
 - Provides for us (Matt. 6:31-33)
 - God answers (John 15:7)
 - Guidance (Psalm 32:8)
 - Fights for us (Exodus 14:14)
 - Keeps His Word (Num. 23:19)

Things to Think About (Discussion Questions):

- Which of the four H.A.L.T. stressors did Elijah feel?
- How do the H.A.L.T. stressors affect your spiritual health or worship?
- How does taking care of yourself emotionally, mentally and physically enhance your own spiritual growth?
- Give an example of when you neglected your health and how it affected you spiritually.
- In what ways can you improve taking care of your emotional health?
- In what ways can you improve taking care of your spiritual health?

PATHWAY TO
EMOTIONAL & SPIRITUAL HEALTH

**“Understanding
Your Inner Life”**

PATHWAYS
DISCIPLESHIP SERIES

Choose your path. Grow in your faith.

Why Emotional Health Matters in Spiritual Growth



Elijah (I Kings 18:17-40; 19:1-8)

- Victory at altar of 450 prophets of Baal
- Queen Jezebel seeks to kill him.
- Flees-exhausted, scared, depressed
- Sits under juniper tree and prays for death
- God sends angel to wake him up to eat baked bread, drink water and let him get more rest.



H.A.L.T Method

Don't let yourself become too:

- H-Hungry
- A-Angry
- L-Lonely
- T-Tired

Used for recovery programs.



Which of these four stressors did Elijah feel? (Hungry, Angry, Lonely, Tired)



NEW START (8 Laws of Health)



- N-Nutrition (healthy, balanced, proper)
- E-Exercise (regular physical activity for cardiovascular health and strength)
- W-Water (hydration and hydrotherapy)

NEW START (8 Laws of Health)

- S-Sunshine (vitamin D and elevates mood) 
- T-Temperance (practice moderation; avoid harmful substances) 
- A-Air (fresh air to support oxygenation) 
- R-Rest (adequate sleep and downtime for recovery and rejuvenation) 
- T-Trust God (maintain positive mental attitude and spiritual trust) 

(WhiteRockLakeSDA.org)

NEW START

- The preservation of health is easier than curing diseases.
- Honors God and the body He created



Good Health &
Well-Being

Know ye not that ye are the temple of God,
and that the Spirit of God dwelleth in you? If
any man defile the temple of God, him shall
God destroy; for the temple of God is holy,
which temple ye are.

I Corinthians 3:16-17

What? know ye not that your body is the temple of the Holy Ghost *which is* in you, which ye have of God, and ye are not your own?

I Corinthians 6:19

**Why does taking care
of yourself
emotionally, mentally
and physically
enhance spiritual
growth?**



Give an example when you were hungry, angry, lonely, or tired and how it affected your spiritual health or worship.



Give an example of when you did not take care of yourself by neglecting 1 or more of the 8 Laws of Health and how it affected your spirituality or worship.



New Start

- **Nutrition** “And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.” (Genesis 1:29)
- **Exercise** “For bodily exercise profiteth little: but godliness is profitable unto all things...” (1 Timothy 4:8)
- **Water** “I will give unto him that is athirst of the fountain of the water of life freely.” (Revelation 21:6)
- **Sunshine** “The Lord is my light and my salvation; whom shall I fear?” (Psalm 27:1)
- **Temperance** “Let your moderation be known unto all men. The Lord is at hand.” (Philippians 4:5)
- **Air** “The spirit of God hath made me, and the breath of the Almighty hath given me life.” (Job 33:4)
- **Rest** “And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made.” (Genesis 2:2)
- **Trust in God** “Trust in the Lord with all thine heart; and lean not unto thine own understanding.” (Proverbs 3:5)



Understanding Emotions as Signals, not Enemies



God Created Our Emotions

- If you are feeling contempt, depression, anxiety, fear, anger, numbness, etc., ask yourself these questions:
- Am I hungry, angry, lonely, tired?
- Did something happen that made me feel anger, fear, sadness?
- If something triggered your emotion is there anything you can do to make the situation better? Pray for guidance.
- If the situation is out of your control, are you willing to trust what God is doing in your life and learn to rest in His peace?



Summary-List some ways you can do better taking care of your emotional health.



And David was greatly distressed; ...but
David encouraged himself in the Lord his
God.

1 Samuel 30:6

Encouraging yourself in the Lord means actively strengthening your faith during difficult times by relying on God's promises rather than circumstances.



**List things you can do to
strengthen your spiritual
health.**



March 8th-Bro. Branham Biblical Self-Awareness and Examining the Heart

