



PATHWAY TO  
**EMOTIONAL & SPIRITUAL HEALTH**

**“Understanding  
Your Inner Life”**

**PATHWAYS**  
DISCIPLESHIP SERIES

*Choose your path. Grow in your faith.*

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# Recognizing Emotional Patterns and Triggers



# Review of Triggers: H.A.L.T Method

Don't let yourself become too:

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

Used for recovery programs.



# 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

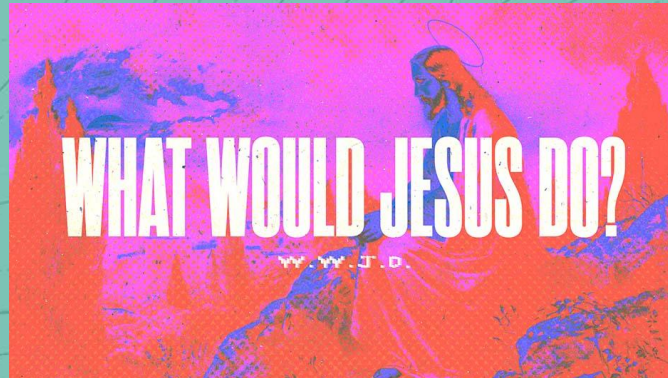
**What behaviors have you exhibited when you did not recognize triggers? (physical, emotional, spiritual)**



**What can happen to  
your spiritual health if  
you do not recognize  
triggers and address  
them?**

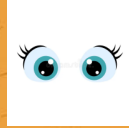


**When you catch yourself  
in these behaviors what  
can you do to be more like  
Jesus?**

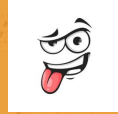
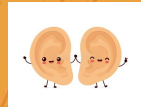


# **Healthy Boundaries and Personal Responsibility**

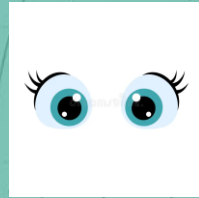
# Oh, be careful little eyes what you see...



- Ears – hear
- Tongue – say
- Hands – do
- Feet – go
- Heart – trust
- Mind – think

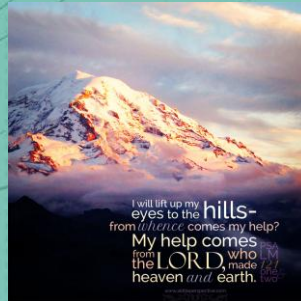


**The lamp of the body is the eye. If therefore your eye is good, your whole body will be full of light. But if your eye is bad, your whole body will be full of darkness. If therefore the light that is in you is darkness, how great is that darkness!**



**Matthew 6:22-23**

**I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the LORD, which made heaven and earth.**



**Psalms 121:1-2**

**For the time will come when they will not endure sound doctrine; but after their own lusts shall they heap to themselves teachers, having itching ears.**

**II Timothy 4:3**

**Take heed what ye hear.**



**Mark 4:24**

**Whoso keepeth his mouth and his tongue keepeth his soul  
from troubles.**

**Proverbs 21:23**

**Let no corrupt communication proceed out of your mouth,  
but that which is good to the use of edifying, that it may  
minister grace unto the hearers.**



**Ephesians 4:29**

**And if thy hand offend thee, cut it off: it is better for thee to enter into life maimed, than having two hands to go into hell, into the fire that never shall be quenched:**

**Mark 9:43**

**She stretcheth out her hand to the poor; yea, she reacheth forth her hands to the needy.**



**Proverbs 31:20**

**I have refrained my feet from every evil way, that I might keep thy word.**

**Psalm 119:101**

**He maketh my feet like hinds' feet: and setteth me upon my high places.**



**II Samuel 22:34**

**My flesh and my heart faileth: but God is the strength of my heart, and my portion for ever.**

**Psalm 73:26**

**The LORD is my strength and my shield; my heart trusted in him, and I am helped: therefore my heart greatly rejoiceth; and with my song will I praise him.**



**Psalm 28:7**

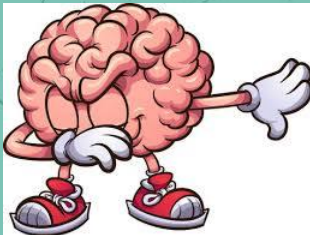
And be renewed in the spirit of your mind;

Ephesians 4:23

Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

Isaiah 26:3

And Jesus answered and said unto him, Get thee behind me, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve.

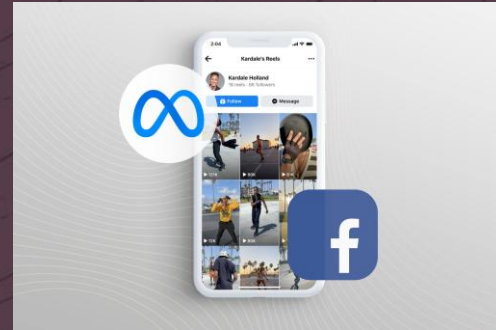


Luke 4:8

**You are what you eat.**

**Garbage in, garbage out.**

**Ex: FB reels**



**What are some things we do to fill our minds or time with that can steal away the peace of God or be a hindrance to our spiritual health?**



# Seven Spiritual Health Habits and Questions to Ask Ourselves

**SPIRITUAL HEALTH HABIT**  
**#1** #spiritualhealthishealth

**THE DAILY CHECK-IN**

How are you feeling right now?

- Physically
- Mentally
- Emotionally
- Spiritually

**CASC/NCSS**  
COUNSELORS ASSOCIATION OF CALIFORNIA / NATIONAL COUNSELORS SOCIETY

# SPIRITUAL HEALTH HABIT

## #2

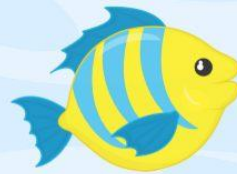
#spiritualhealthishealth

## TAKE A BREATHING SPACE

When you feel restless, doubtful, overwhelmed or frustrated, remember to PAUSE and BREATHE.



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# SPIRITUAL HEALTH HABIT

## #3

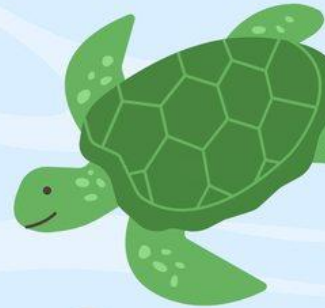
### MOVE MORE SLOWLY

Rushing often leads to mistakes!  
Remember to enjoy the moment.

#spiritualhealthishealth



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# SPIRITUAL HEALTH HABIT

#spiritualhealthishealth

## #4

### GET ENOUGH REST

Ask yourself:

- "am I getting enough sleep?"
- "am I doing too much?"
- "What can I let go of?"



# SPIRITUAL HEALTH HABIT

#spiritualhealthishealth

## #5

## PRACTICE GRATITUDE

What are three things you are grateful for today?



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# SPIRITUAL HEALTH HABIT

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## #6

### LIVE ONE DAY AT A TIME

Staying in TODAY can make  
the big things feel smaller and  
more manageable.



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# SPIRITUAL HEALTH HABIT

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#7

BE KIND

with your words, thoughts, and  
actions



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# Next Week: Paying Attention to the Inner Life without Self-Absorption and Growing Emotional Maturity alongside Spiritual Maturity

