



*Don't burn out; keep yourselves fueled and aflame. Be alert as servants of the God.... Don't quit in hard times; pray all the harder. Help others in need; be hospitable. Rom. 12:11-13 Msg.*



## BIBLICAL PRINCIPLES FOR EMOTIONAL HEALTH

### 1. Show \_\_\_\_\_ to Yourself and to Others

*"But God gives us more grace. This is why it says, God stands against the proud, but gives grace to the humble." James 4:6*

*"Remind the people...to be ready to do whatever is good, to slander no one, to be peaceable and considerate, and always to be gentle toward everyone. At one time we too were...deceived and enslaved by all kinds of passions and pleasures. We lived in malice and envy...hating one another. But when the kindness and love of God our Savior appeared, he saved us, not because of righteous things we had done, but because of his grace." Titus 3:1-5*

### 2. Stop Watching and Reading So Much \_\_\_\_\_. (Don't be a News Junkie)

*(Jesus said) "Your eye is like a lamp that provides light for your body. If your vision is good your whole body is filled with light. But if you are focused on the bad, your life will be filled with darkness." Matthew 6:22-23*

*"If you look at the world you'll be distressed, if you look within you'll be depressed, but if you look at Christ you'll be at rest". Rick Warren*

*"A wise person is hungry for the truth, while the fool feeds on trash" Prov. 15:14*

### 3. Start and End Each Day \_\_\_\_\_ Your Soul

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

To Start and End Each Day Refueling Your Soul, Remember



**P.I.M.**      and      **P.I.E.**  
**P**.rayer      **P**.rayer  
**I**.n the      **I**.n the  
**M**.orning      **E**.vening



*"Dear friends, you must become strong in your most holy faith. Let the Holy Spirit lead you as you pray. Keep yourselves in the love of God." Jude 1:20-21*