



## Week 2 – Emotional and Mental Health

### Announcements

- **301 Biblical Foundations** – Beginning Monday, January, 21 2013 at 7:00 pm. This 10-week class will give you the foundation you need to live the life God has designed for you. You can register at [www.churchoftheking.com/register](http://www.churchoftheking.com/register) and childcare is available.
- *What on Earth am I Here for?* begins February 16-17, 2013 at all Church of the King campuses. For your convenience, you can purchase your books at all Church of the King bookstores.

### Warm-up

Share a humorous story of when you acted like were on “auto pilot” and accidentally did something foolish because of a deeply ingrained habit?

Today, we’ll be examining emotional habits and how God can help us change some of the bad responses that are pre-programmed into our lives.

### Word & Application

**Read Romans 12:2.** According to this verse, where does God’s transformation process begin?

Our thoughts drive our life. In Romans 12:2, the Apostle Paul is saying we don’t have to let our circumstances drive our thinking. If we change our thinking, we can change our life because our thoughts are the origin of our emotions, choices, habits, character and eventually our destiny.

Thoughts → Emotions → Choices → Habits → Character → Destiny

Since our thoughts determine our destiny it is vital we address toxic thinking in our lives. Here are some typical ways in which people allow toxic thinking to invade their lives.

**Amplification** of unpleasant situations when we constantly use words like “always, never, no one and every time.”

**Feeling** negative feelings without questioning them.

**Guessing** by pretending to know what others think of us and assuming the worst ahead of time.

**Exaggeration** by transforming molehills into mountains with trigger words like “worst, shocked, devastated, and outraged.”

**Identification** by overestimating how harmless events relate to us, which causes us to take things too personally.

Which of these unhealthy emotional responses are the most challenging for you to overcome?

The good news is we can replace these negative emotional habits with accurate, healthy and Biblical ones. Here are four ways we can do this:

### **1. Take our thoughts, attitudes, and responses captive.**

**Read 2 Corinthians 10:3-5.** According to this passage, what daunting task do we face?

We are in a battle against strongholds, which are negative emotional responses like mental prisons. These strongholds result from believing lies about one’s self, the world, or God.

How have can strongholds imprison our thinking? How can we pro-actively attack them with the truth?

### **2. Learn to relax.**

**Read Philippians 4:6-7.** Which issues cause the most anxiety in your life?

The good news is that we can learn to relax in the midst of our stressful situations. How can turning to God help us to stop being anxious?

When we release our irritations, frustrations and nervousness to God we stop letting our thoughts ruin us.

**Read Psalm 46:10.** What aspects of God can we focus on to help us be still in the midst of these frustrations?

### **3. Fix your mind on truth.**

**Read Philippians 4:8-9.** We can choose to see the world through God’s eyes and according to his standards. What specific actions can we take to help us make these choices?

Daily Bible reading helps us to affirm the Word of God as our source for life and our standard. Memorizing and meditating on the Word help engrain it in who we are.

### **4. Walk with the wise.**

**Read Proverbs 13:20.** How can the right friends help transform our lives?

A mentor, small group leader, or godly friend can speak God’s perspective into our lives and help us see the accuracy of our thinking.

## **Prayer**

Pray for God’s word to transform our negative emotions and pray God would help us develop close friends to aid in this process. Also, take time to ask for specific prayer requests from those in your small group.