**FAMILY LIFE CHURCH OF THE VALLEY**

**LIFE GROUP, RIVERSIDE COUNTY**

**(1)**

**TITLE: TRANSFORMED**

**SESSION 4: TRANSFORMED IN MY EMOTIONAL HEALTH**

**MEMORY VERSE: “Come to me, all you who are weary and burdened, and I will give you rest”.**

 **MATTHEW 11:28(NIV)**

**CHECKING IN:**

**.** Which of the seven mental health verses from your devotional reading this past week was the **most meaningful to you?**

**.** When youhurt yourself (stub your toe, whack your thumb with a hammer, etc.) do you tend to stuff it, yell at it, cry about it, or dance around?

He heals the broken-hearted and bandages their wounds.

 **Psalm 147:3(TEV)**

**FIVE STEPS TOWARD EMOTIONAL HEALTH:**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **my** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

You’ll never be emotionally healthy until you face your feelings straight on.

I kept very quiet . . . but I became even more upset. I became very angry inside, and as I thought about it, my anger burned.

 **Psalm 39:2-3(NCV)**

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Holding on to hurts is like carrying hot coals in your heart- you’re the one who’s going to get burned. When you swallow your hurt, your stomach keeps score.

You must be honest with yourself, honest with God, and honest with one other person.

When I kept things to myself, I felt weak deep inside me, I moaned all day long.

 **Psalm 32:2(NCV)**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **those who have** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

One of the most difficult decisions you’ll make in life is this: “Do I want to get well or do I want to get even.

It was while we were still sinners that Christ died for us!

 **Romans 5:8(TEV)**

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

 **Ephesians 4:31-32(NIV)**

You have kept a record of my tears.

 **Psalm 56:8(TEV)**

Never pay back evil for evil . . . never avenge yourselves, Leave that to God, for he has said that he will repay those who deserves it. [Don’t take the law into your own hands.]

 (3)

 **Romans 12:17-19(TLB)**

1. **Replace** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **with \_**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Let God transform you into a new person by changing the way you think**.**

 **Romans 12:2(NLT)**

Jesus, who makes people holy, and all those who are made holy have the same Father. That is why Jesusisn’t ashamed to call them brothers and sisters.

 **Hebrews 2:11(GWT)**

If you want to change the way you feel about your life, you have to change the way you think about your life. Replace old lies with God’s truths.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **on the** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Put your heart right. . . Reach out to God . . . face the world again, firm and courageous. Then all your troubles will fade from your memory, like floods that are past and remembered no more.

 **Job 11:13-16(TEV)**

Your past is not your future. The old you is not the new you.

Look straight ahead with honest confidence; don’t hang your head in shame.

 **Proverbs 4:25(TEV)**

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1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to help \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

God wants to redeem your pain. He wants to use your experiences to help other people. That’s what ministry is all about.

[God] comforts us every time we have trouble, so when others have trouble, we can comfort them with the same comfort God gives us.

 **2 Corinthians 1:4(NCV)**

When someone becomes a Christian, he becomes a brand new person inside. He is not the same anymore. A new life has begun!

 **2 Corinthians 5:17(TLB)**

**DISCOVERY QUESTIONS**:

(PICK AT LEAST ONE OR TWO)

1. **God never wastes a hurt**. Your greatest ministry will come from your deepest pain. Would anyone like to share a personal story of how God brought emotional healing into your life? This is great practice for sharing your faith with a non-believing friend.

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1. **The bible says**, “When I kept things to myself, I felt weak deep inside me. I moaned all day long” (Psalm 32:3NCV). Why do you think we would rather

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hide the things that have happened to us instead of revealing them to someone?

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1. Why is it so hard to forgive when we have been wronged? What happens if we choose not to forgive? What could happen if we do forgive?

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1. The Bible says, “Be made new in the attitude of your minds” (Ephesians 4:23 NIV). Pastor Rick said, “if you want to change the way you feel about your life, you have to change the way you think about your life.” What is one thought you need to change about yourself?

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