



Developing The *Inner Life*

# Forming Healthy Emotional Habits



















“The *heart* is more deceitful than all else  
And is desperately sick;  
Who can understand it?

**Jeremiah 17:9**





Create in me a clean *heart*, O God,  
And renew a steadfast spirit within me.

**Psalms 51:10**



You shall love the Lord your God with all your *heart*  
and with all your soul and with all your might.

**Deuteronomy 6:5**



<sup>36</sup>“Teacher, which is the great commandment in the Law?”

<sup>37</sup> And He said to him, ‘YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR *HEART*, AND WITH ALL YOUR SOUL, AND WITH ALL YOUR MIND.’

<sup>38</sup> This is the great and foremost commandment.

<sup>39</sup> The second is like it, ‘YOU SHALL LOVE YOUR NEIGHBOUR AS YOURSELF.’

<sup>40</sup> On these two commandments depend the whole Law and the Prophets.”

**Matthew 22:36-40**



<sup>20</sup> My son, give attention to my words;  
Incline your ear to my sayings.

<sup>23</sup> Watch over your *heart* with all diligence,  
For from it flow the springs of life.

Proverbs 4:20, 23












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1. Avoid Toxic Emotions
  2. Manage Fallen Emotions
  3. Form Healthy Emotions
  4. Reframe and Release Buried Emotions






## **Avoid Toxic Emotions**

Lust. Guilt. Shame. Resentment. Hatred.





Flee also youthful lusts and pursue  
righteousness, faith, love, peace, with those  
who call on the Lord from a pure heart.

**2 Timothy 2:22**



## **Manage Fallen Emotions**

Anger. Grief. Sadness. Hurt. Disappointments.  
Forgiveness.



## *Anger*

“Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil.”

Ephesians 4:26-27



Anger is not the enemy.  
It's a *signal*, not a sin.



Know this, my beloved brothers: let every person be quick to hear,  
slow to speak, slow to anger, for the anger of man does not  
produce the righteousness of God.

James 1:19-20



Know this, my beloved brothers: let every person **be quick to hear, slow to speak, slow to anger**, for the anger of man does not produce the righteousness of God.

James 1:19-20

Human anger rarely leads us to God,  
Choose *understanding* and *self-control* over impulse.



## *Grief*

My soul weeps because of grief;  
Strengthen me according to Your word.

Psalm 119:28

Therefore you too have grief now; but I will see you  
again, and your heart will rejoice, and no one will take  
your joy away from you...

John 16:22



Wisdom is needed to manage grief.  
Allow yourself time to grieve, in the Lord.



<sup>13</sup> But we do not want you to be uninformed, brethren, about those who are asleep, so that you will not grieve as do the rest who have no hope.

<sup>17</sup> Then we who are alive and remain will be caught up together with them in the clouds to meet the Lord in the air, and so we shall always be with the Lord. <sup>18</sup> Therefore comfort one another with these words.

1 Thessalonians 4:13, 17-18



*Some myths about grief*

1. Time heals
2. Give them space
3. Be strong immediately for someone
4. Don't feel bad
5. Replace the loss
6. Keep busy



*Sadness, Disappointments & Hurts*

“I am weary with my sighing;  
Every night I make my bed swim,  
I dissolve my couch with my tears.”

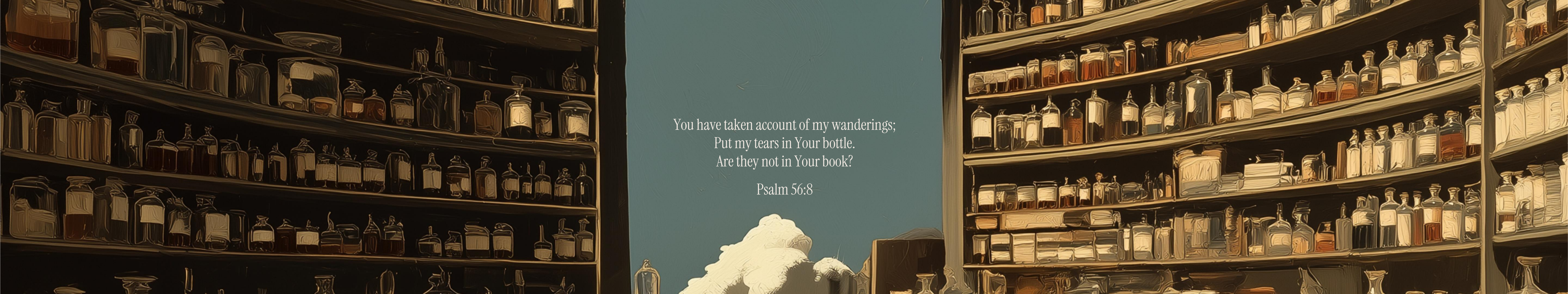
Psalm 6:6



My tears have been my food day and night,  
While they say to me all day long, “Where is your God?”

Psalm 42:3





You have taken account of my wanderings;  
Put my tears in Your bottle.  
Are they not in Your book?

Psalm 56:8



## *Unforgiveness*

And forgive us our debts,  
as we also have forgiven our debtors.

**Matthew 6:12**



Forgiveness is not a feeling; it's a *choice*.  
Unforgiveness hurts our soul more than our offenders'.





"The Napalm Girl", Kim Phuc





"The Napalm Girl", Kim Phuc



"Forgiveness made me free from hatred. I still have many scars on my body and severe pain most days but my heart is cleansed.

Napalm is very powerful, but faith, forgiveness, and love are much more powerful. We would not have war at all if everyone could learn how to live with true love, hope, and forgiveness.

If that little girl in the picture can do it, ask yourself: *Can you?*"



# **Manage Fallen Emotions**

Anger. Grief. Sadness. Hurt. Disappointments.  
Forgiveness.





# Form Healthy Emotions

Love. Joy. Peace. Compassion. Serenity. Awe. Gratitude.









*“You cannot wait until  
life is not hard anymore  
to decide to be happy.”*








# Gratitude Exercise

\*Be intentional –  
*Feel* the feelings of Gratitude

Sun	God's character → Thank God for His faithfulness.
Mon	God's Word → Thank God for a sermon takeaway.
Tues	Family → Thank Him for each specific person.
Wed	Friends → Thank God for how they've blessed your life.
Thurs	Work → Thank God for the chance to use your gifts.
Fri	Mentors → Thank God for their influence.
Sat	Growth → Thank God for 3 moments of growth.



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# Reframe & Release Buried Emotions

Understanding *why* we feel and behave in certain ways



# Johari Window Model

	Known to self	Not known to self
Known to others	<b>Open area</b>	<b>Blind spot</b>
Not known to others	<b>Hidden area</b>	<b>Unknown</b>







### **John 21:1-3**

<sup>1</sup>After these things Jesus manifested Himself again to the disciples at the Sea of Tiberias, and He manifested Himself in this way.

<sup>2</sup>Simon Peter, and Thomas called Didymus, and Nathanael of Cana in Galilee, and the sons of Zebedee, and two others of His disciples were together.

<sup>3</sup>Simon Peter said to them, “I am going fishing.” They said to him, “We will also come with you.” They went out and got into the boat; and that night they caught nothing.



### **John 21:4-8**

<sup>4</sup> But when the day was now breaking, Jesus stood on the beach; yet the disciples did not know that it was Jesus. <sup>5</sup> So Jesus said to them, “Children, you do not have any fish, do you?” They answered Him, “No.” <sup>6</sup> And He said to them, “Cast the net on the right-hand side of the boat and you will find a catch.” So they cast, and then they were not able to haul it in because of the great number of fish. <sup>7</sup> Therefore that disciple whom Jesus loved said to Peter, “It is the Lord.” So when Simon Peter heard that it was the Lord, he put his outer garment on (for he was stripped for work), and threw himself into the sea.

<sup>8</sup> But the other disciples came in the little boat, for they were not far from the land, but about one hundred yards away, dragging the net full of fish.



### **John 21:9-11**

<sup>9</sup> So when they got out on the land, they saw a charcoal fire already laid and fish placed on it, and bread. <sup>10</sup> Jesus said to them, “Bring some of the fish which you have now caught.” <sup>11</sup> Simon Peter went up and drew the net to land, full of large fish, a hundred and fifty-three; and although there were so many, the net was not torn.



Jesus met Peter again,  
like they did before Peter followed Jesus.

(Luke 5:4-11)



JOHN 21	LUKE 5
<sup>3</sup> ... they caught <u>nothing</u> .	<sup>5</sup> we have toiled all night and <u>caught nothing</u> ;
<sup>6</sup> And <u>He said to them</u> , “Cast the net on the right-hand side of the boat and you will find a catch.”	<sup>4</sup> <u>He said to Simon</u> , “Launch out into the deep and let down your nets for a catch.”
<sup>7</sup> Therefore that disciple whom Jesus loved <u>*said to Peter</u> , “It is the <u>Lord</u> .”	<sup>8</sup> When Simon Peter saw it, he fell down at Jesus’ knees, saying, “Depart from me, for I am a sinful man, <u>O Lord</u> !”
<sup>11</sup> Simon Peter went up and drew the net to land, <u>full of large fish</u> , a hundred and fifty-three; and although there were so many, the net was not torn.	<sup>9</sup> For he and all who were with him were <u>astonished at the catch of fish</u> which they had taken;



### **John 21:15-17**

<sup>15</sup> So when they had finished breakfast, Jesus said to Simon Peter, “Simon, son of John, **do you love Me more than these?**” He said to Him, “Yes, Lord; You know that I love You.” He said to him, “Tend My lambs.”

<sup>16</sup> He said to him again a second time, “Simon, son of John, **do you love Me?**” He said to Him, “Yes, Lord; You know that I love You.” He said to him, “Shepherd My sheep.” <sup>17</sup> He said to him the third time, “Simon, son of John, **do you love Me?**” Peter was grieved because He said to him the third time, “Do you love Me?” And he said to Him, “Lord, You know all things; You know that I love You.” Jesus said to him, “Tend My sheep.”



“Do you love Me *more than these?*”

It's not about fish, it's about what they represent.



Peter once followed for the miracles, the movement,  
the hope of a conquering Messiah.







## **Restoring the Foundations**

Equipping you for hope, healing and freedom

Session 1: 26 July (*Teach-in*)

Session 2: 16 & 23 August (*Ministry Day*)




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## **Trauma of Rejection**

*May be known or unknown to you.*



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