



The Key to Emotional Health

Listen: One of the greatest blessings in life is emotional health.

The Big Question: How do we get to emotional health?

One Model: Robert McGee in his book *The Search For Significance*. We need:

- Honesty—admitting our need for help and emotional growth.
- Affirming Relationships—others who relate to us with the love of God.
- **Right Thinking**—believing what is true about ourselves and God.
- The Holy Spirit—His work to bring us into God’s love, truth, fellowship.
- Time—emotional healing and growth involve a process over time.

A “Right Thinking” Example: Two “truth claims” about physical health:

- “In order to be physically healthy I must eat a balanced diet of fruits, vegetables, dairy, protein, and grains.” Or,
- “In order to be physically healthy I must eat a balanced diet of sugars, fats, caffeine, carbohydrates, donuts, bacon, sodas, potato chips, pecan pie, Blue Bell ice cream, Junior Mints, corn dogs, and deep fried Twinkies.”

The Big Idea: “The more truth I believe...the greater my emotional health.”

- Jn 8:31, 32:
- Ps 119:105:
- Phil 4:8:

Applications: The Truth Card. (Robert McGee in *The Search for Significance*)

- **The Lie:** I must perform to be accepted by God and to feel good about myself.
- **The Truth:** I am justified and fully accepted by God. Rom 5:1 and 8:1
- **The Lie:** I must be approved by others to be accepted by God and to feel good.
- **The Truth:** I am reconciled to God and totally accepted by Him. Col 1:21, 22
- **The Lie:** If I fail I am unworthy of love and deserve to be punished.
- **The Truth:** Jesus paid for my failings and I am deeply loved by God. 1 Jn 4:9-11
- **The Lie:** I am who I am and I cannot change. I am hopeless.
- **The Truth:** I am regenerated, a new creation in Christ and able to grow. Jn 3:3-6

Application: What lies do you believe that are eroding your emotional health?

- _____
- _____

“Walking Papers”

Each day this week please reflect on this idea and the lies listed below:

The Big Idea: “The more truth I believe...the greater my emotional health.”

The Lies We Believe By Dr. Chris Thurman (Pages 191-198)

Self-Lies

Lie #1: “I Must Be Perfect.”

Lie #2: “I Must Have Everyone’s Love and Approval.”

Lie #3: “It Is Easier to Avoid Problems Than to Face Them.”

Lie #4: “I Can’t Be Happy Unless Things Go My Way.”

Lie #5: “It’s Somebody Else’s Fault.”

Worldly Lies

Lie #1: “You Can Have It All.”

Lie #2: “You Are Only as Good as What You do.”

Lie #3: “Life Should Be Easy.”

Lie #4: “Life Should Be Fair.”

Lie #5: “Don’t Wait.”

Lie #6: “People Are Basically Good.”

Marital Lies

Lie #1: “It’s All Your Fault.”

Lie #2: “If It Takes Hard Work, We Must Not Be Right for Each Other.”

Lie #3: “You Can and Should Meet All My Needs.”

Lie #4: “You Owe Me.”

Lie #5: “I Shouldn’t Have to Change.”

Lie #6: “You Should Be Like Me.”

Distortion Lies

Lie #1: “Magnification: making issues and events bigger than they are.”

Lie #2: “Personalization: taking everything personally.”

Lie #3: “Polarization: making everything black & white.”

Lie #4: “Selective Abstraction: focusing obsessively on part of a larger reality.”

Lie #5: “Overgeneralization: believing things will “always” be the same or “never” be better.”

Lie #6: “Emotional Reasoning: defining reality according to how I feel.”

Religious Lies

Lie #1: “God’s Love Must Be Earned.”

Lie #2: “God Hates the Sin and the Sinner.”

Lie #3: “Because I’m a Christian, God Will Protect Me from Pain and Suffering.”

Lie #4: “All My Problems Are Caused by My Sins.”

Lie #5: “It Is My Christian Duty to Meet All the Needs of Others.”

Lie #6: “A Good Christian Doesn’t Feel Angry, Anxious or Depressed.”

Lie #7: “God Can’t Use Me Unless I’m Spiritually Strong.”

Note for Connection Groups: The full study guide for small group and personal study is available at: www.cypressbible.org and then click on “Get Connected” and the link is on that page.