

Restored

#3: How To Recharge Your Emotional Gauge – Part 2

1. Do _____ to counter EDE's

a) _____ emotionally draining experiences

I Kings 19:3-4 *Elijah was afraid and fled for his life...he sat down under a solitary broom tree and prayed the he might die.*

b) Do more of _____

Ecclesiastes 9:7 *So go ahead. Eat your food with joy, and drink your wine with a happy heart, for God approves of this!*

2. _____ to counter mood swings

1 Samuel 16:16, 23 *Let us find a good musician to play the harp for you whenever the tormenting spirit is bothering you. The harp music will quiet you, and you will soon be well again...And whenever the tormenting spirit from God troubled Saul, David would play the harp. Then Saul would feel better, and the tormenting spirit would go away.*

2 Chronicles 20:21 *After consulting the leaders of the people, the king appointed singers to walk ahead of the army, singing to the LORD and praising him for his holy splendor. This is what they sang: "Give thanks to the LORD; his faithful love endures forever!"*

3. Develop _____

2 Corinthians 7:6-7 *Then the God who lifts up the downcast lifted our heads and our hearts with the arrival of Titus. We were glad just to see him, but the true reassurance came in what he told us about you: how much you cared, how much you grieved, how concerned you were for me. I went from worry to tranquility in no time!*

Colossians 4:8 *I am sending him to you for the express purpose that you may know about our circumstances and that he may encourage your hearts.*

Philemon 1:7 *Your love has given me great joy and encouragement, because you, brother, have refreshed the hearts of the Lord's people.*

Job 29:13 *I helped those without hope, and they blessed me. And I caused the widows' hearts to sing for joy.*

¹⁶ May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope,¹⁷ encourage your hearts and strengthen you in every good deed and word.

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2 Kings 3:15 *Now bring me someone who can play the harp. While the harp was being played, the power of the LORD came upon Elisha*
1 Samuel 10:5 *When you arrive at Gibeath of God...you will meet a band of prophets coming down from the altar on the hill. They will be playing a **harp**, a tambourine, a flute, and a lyre, and they will be prophesying.*

Proverbs 14: 13 Laughter can conceal a heavy heart, but when the laughter ends, the grief remains.

Strike: This is Corner #3 relationships!!! They can help us laugh and enjoy the moment but THEY CANNOT HEAL US!!!!!! We don't heal there. Relat are how we heal but we won't heal in corner #3.

Space: Am I settling for corner #3 relat?

Luke 4:18 - Jesus comes to preach good news, to heal and set at liberty those who are injured

Isaiah 61:1-3 - God can change ashes into beauty, mourning into joy, and heaviness into praise

Romans 12:21 - God's desire is for us to overcome evil with good. (His love, which is Good, overcomes the effects evil has had in our lives.)

Psalm 23:3 - He restores our souls. (He brings health and wholeness.)

2 Corinthians 1:3,4 - God desires that we comfort others with the same comfort we have received.

Romans 15:1,2 - Those who have strength are to help and assist others so that they also may be built up in strength.

Galatians 5:16-22 - We are to live by the Spirit. God wants us to move from the sins of our lower nature into the beauty of Jesus' character traits-the fruit of the Spirit.

Ephesians 3:16-19 - The Lord wants to strengthen each of us in our inner being.

John 3:17 - Jesus comes not to condemn (which we often feel those in authority do), but

He comes to rescue (save) us.

Hebrews 13:8 - Jesus is the same yesterday, today, and forever. (His love and desire for our good is steadfast and never changes.)