

Peniel Goes To The Movies

Inside Out: How To Move Toward Emotional Health

1. _____

John 16:33 *I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows.*

Ecclesiastes 3:4 *A time to cry and a time to laugh. A time to grieve and a time to dance.*

a) _____ to your emotions

Proverbs 14:30 *A peaceful heart leads to a healthy body; jealousy is like cancer in the bones.*

b) _____ your emotions

c) _____ your emotions

Read Psalm 69

2. Don't let anger stay _____

Proverbs 14:17 *Short-tempered people do foolish things...*

a) Be honest _____

b) Get _____

Proverbs 14:29 *People with understanding control their anger; a hot temper shows great foolishness.*

c) Figure out _____

3. _____

a) _____

Luke 19:41 *As Jesus came to the city and observed it, he wept over it.*

John 11:34-35 *"Master, come and see," they said. Now Jesus wept.*

b) Look for _____

c) _____

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

An alternative to pushing away or stifling your emotions is learning to accept your emotional experiences. Accepting means that you practice allowing your emotions to be what they are without judging them or trying to change them. Acceptance means letting go of attempts to control your emotions and learning that emotions themselves cannot harm you, although the things you do to try to get rid of emotions, such as abusing alcohol, can harm you. Acceptance simply means being aware of your emotions and accepting them for what they are right now, knowing that they won't last. Author unknown

Proverbs 15:1 *A gentle answer deflects anger, but harsh words make tempers flare.*

Ephesians 4:31 *Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior.*

Proverbs 14:10 *No one else can really know how sad or happy you are.*

Proverbs 15:13 *A glad heart makes a happy face; a broken heart crushes the spirit.*

Proverbs 17:22 *A cheerful heart is good medicine, but a broken spirit saps a person's strength.*

Proverbs 15:30 *A cheerful look brings joy to the heart; good news makes for good health.*