



Balance Series- Episode IV

"Emotional Health"

"We were never designed for the sedentary, indoor, socially isolated, fast-food laden, sleep deprived, frenzied pace of modern life." -**Stephen Ilardi**

"I have been **deprived** of peace; I have **forgotten** what prosperity is. So I say, "My splendor is gone and all that I had **hoped** from the Lord." I remember my affliction and my wandering, the bitterness and the gall. I well remember them, and **my soul is downcast within me.**" **Lamentations 3:17-20**

"We do not want you to be **uninformed**, brothers and sisters, about the troubles we experienced in the province of Asia. We were under **great pressure**, far beyond our ability to endure, so that we **despaired of life itself.**" **2 Corinthians 1:8**

"**Elijah was afraid and ran for his life.** When he came to Beer-sheba in Judah, **he left his servant there**, while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and **prayed that he might die.** "I have had enough, Lord," he said. "**Take my life**; I am no better than my ancestors." **1 Kings 19:3-4**

"Whatever is **true**, whatever is **noble**, whatever is **right**, whatever is **pure**, whatever is lovely, whatever is **admirable**—if anything is **excellent** or **praiseworthy**— **think about such things.** Whatever you have learned or received or heard from me, or seen in me— put it into practice. And the **God of peace will be with you.**" **Philippians 4:8-9**

"A person **standing alone** can be attacked and **defeated**, but **two** can stand back-to-back and **conquer.** **Three** are even **better**, for a triple-braided cord is not easily broken." **Ecclesiastes 4:12 (NLT)**

_____ **health** is not built on the foundation of feelings, but on the truth of **God's** _____.

"And you **will know the truth**, and the truth will set you **free.**" **John 8:32 (NLT)**

"Am I now trying to **win the approval** of **human beings**, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ." **Galatians 1:10**

1. Pour Your _____ Out to God.

2. Get Healthy _____.

3. Experience the _____ and _____ of God.

"Be **still**, and **know** that I am God." **Psalms 46:10**

4. Let God Give You a New _____ and _____.

"So we fix our eyes not on what is seen, but on what is **unseen**, since what is seen is **temporary**, but what is unseen is **eternal.**" **2 Corinthians 4:18**

All scripture is from the New International Version unless otherwise noted.

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1. Pour Your Heart Out to God.

2. Get Healthy Physically.

3. Experience the Power and Presence of God.

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4. Let God Give You a New Purpose and Direction.

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