

Isn't it time for an emotionally healthy you?

Flourish

EMOTIONAL
HEALTH
WORKBOOK

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Flourish with Emotional Health

WORKBOOK

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(Adapted and expanded content from *Holy in the Moment*, Chapter 10).

May God himself, the God who makes everything holy and whole, make you holy and whole, put you together—spirit, soul, and body—and keep you fit for the coming of our Master, Jesus Christ. The One who called you is completely dependable. If he said it, he'll do it!

1 Thess. 5:23-24

Feelings are the emotions we experience based on the thoughts and beliefs we have. They are the inward reflection of what we believe about God, others, and ourselves in the moment.

Learning to understand and process our feelings is a crucial aspect of emotional and spiritual health. It is also a crucial aspect of healing, wholeness, growth, *and* holiness. Thoughts and feelings reveal what we believe in the moment, and many of those beliefs relate to getting our needs met—the really important ones like love, acceptance, value, worth, and security.

When we allow feelings to be bearers of truth, feelings become beliefs. Working through a life-long process, God also wants to free your heart from the patterns, fears, and strongholds that result when emotions rule your life and lies sabotage your faith.

As God works to bring mental, emotional and spiritual growth together, He is making us holy and whole—spirit, soul, and body. The reality is we cannot fully experience holiness, spiritual health and wholeness when we repeatedly ignore or discount our feelings.

Belief systems are core ways of thinking about ourselves, others, God, and the world around us that often determine how we perceive and respond to our present moment.

A belief is any thought that I receive as true and in which I place confidence. The Greek word for believe is *pisteuo*—“to believe,” also “to be persuaded of,” and hence, “to place confidence in, to trust.”

We walk from what we believe. “As a man thinks in his heart, so is he” Proverbs 23:7

ABOUT FEELINGS . . .

- Responses to how we interpret truth about our circumstances in the moment.
- We cannot and should not ignore our emotions.

- We should not be ruled, controlled, led, or driven by emotions.
- Feelings can create instability, as emotions are not truth. They cannot think or decide. They are simply responses.
- Feelings do not always or immediately line up with faith or truth.
- We sometimes confuse feelings and thoughts with our true self, our deepest inner person, or our spirit.
- The flesh, or the false self, is simply the body and the soul operating apart from the Holy Spirit... the false self is a soul-based self. It is the soul operating independently of God.
- God's life is expressed through the soul dependent on its source, not acting independently of it.

When we allow feelings to convey truth, feelings become beliefs. Here's an example of the progression our feelings can prompt:

- I *feel* rejected.
- I *think* I am rejected.
- I *begin to believe* I am rejected.
- I act like I am rejected.

In reality, feelings just are. I *feel* good, I *feel* mad, happy, sad, hopeful, disappointed . . . and on and on they go.

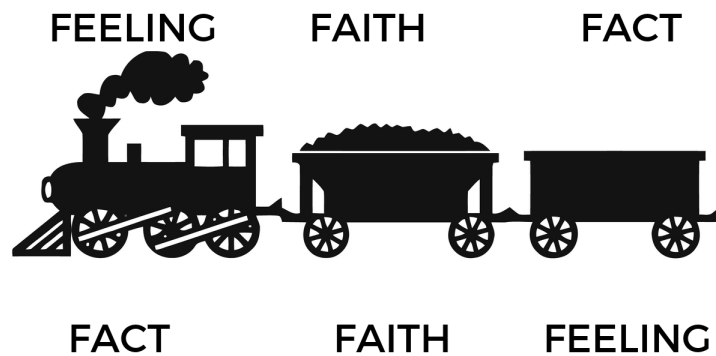
Though emotional maturity and healing is an often overlooked but crucial component of discipleship, our emotional struggles are part of God's breaking process, part of His timing for coming to the end of our own resources. He never wastes our pain.

We need to give ourselves permission to feel what we feel without judging it. Without lecturing it. Without discounting or stuffing it. (*I'm pretty good at that one.*)

Like blinking lights on a dashboard, negative feelings wave red flags to alert our attention to things God wants to tell us about Himself, circumstances, or ourselves. They signal problems we need to acknowledge and address. Anger, fear, resentment, bitterness, sadness, discouragement, anxiety, and depression are sacred calls for our attention.

How do you typically respond to painful feelings?

What's running the engine in your life?



What is running the engine in your life? When feelings drive the engine, faith and facts follow the lead of emotions. Evaluating what we feel and believe in the moment can enable us to put fact/truth in the engine. Faith follows truth. Feelings will follow what we believe.



UNDERSTANDING NEEDS, FEELINGS, AND BELIEFS

Unmet met needs trigger painful or vulnerable feelings. We all have basic needs for love, value, worth, acceptance, and security.

Vulnerable Feelings



Unloved/Unloveable
Inadequate
Misunderstood
Unwanted
Rejected
Unacceptable
Abandoned
Worthless
Unimportant
Insignificant
Shameful
Vulnerable
Exposed
Humiliated
Insecure
Helpless

Use the chart on the next page to evaluate your feelings and identify your responses. How you cope reveals the protective behaviors of your flesh as you try to feel OK, solve, avoid, control, or garner success through your own efforts rather than relying on the life of Christ to meet your needs as God intended. Add to the chart details that apply to you.

Fill in the chart below based on what you tend to feel, think, and respond when the needs listed are not met.

BASIC NEEDS I need. . .	UNMET NEEDS I feel. . .	MESSAGE/BELIEF I think/believe. . .	COPING STRATEGY How I respond. . .
Love	Unloved Rejected	I am unloved. I am unloveable.	Self-pity People pleasing
Value/Worth			
Security			
Acceptance			
Adequacy			

Trust Jesus with Your Emotions

Spiritual growth accelerates as we learn to experience our feelings yet still make the choice to embrace the truth of who we are in Christ. (*Excerpted from Holy in the Moment, Chapter 10*).

- Seek the comfort of Jesus in sad moments.
- Evaluate the messages of resentful moments.
- Search out the root of discouraged moments.
- Choose gratitude in discontented moments.
- Release the hidden expectations of disappointed moments.
- Release the rights driving impatient moments.
- Reject lies festering in bitter moments.
- Recognize expectations in frustrated moments.

Personalize one of the ideas on this list by using one action on the list as a journal prompt. Pray and ask God to give you insight, comfort, and healing as you write about a recent emotional struggle.

The Great Exchange for your Heart

“The Spirit of the Sovereign Lord is upon me for the Lord has anointed me

to bring good news to the poor. He has sent me to comfort the brokenhearted and to proclaim that captives will be released

and prisoners will be freed. . .

To comfort all who mourn,

To grant those who mourn in Zion,

Giving them a garland instead of ashes,

The oil of gladness instead of mourning,

The mantle of praise instead of a spirit of fainting. . . .

Instead of your shame you will have a double portion,

And instead of humiliation they

will shout for joy over their portion.

Therefore they will possess a double portion in their land,

Everlasting joy will be theirs” (Isaiah 61: 1,3, 7).

Underline or list the exchanges God has for you in this passage. What is God revealing to you as you meditate on His Word?

Process an Emotional Situation

Use the chart to help you prayerfully process difficult situations and vulnerable feelings.

<p>What happened & what need is attached to this?</p>	<p>I feel:</p>	<p>What are my feelings indicating I believe about God, myself, others, or my situation in this moment?</p>
<p>How I am coping, solving problems, or avoiding pain independently from God? (These are the protective behaviors of my flesh):</p>	<p>What is really true? What biblical truth about God or my identity in Christ applies?</p>	<p>Is there a right or expectation I need to surrender (entrust to God) or someone I need to forgive?</p>

Final Thoughts

KEY POINTS

What stood out to me most? What do I most need to remember?

1.

2.

3.

What new insight did I learn about myself?

How will I trust God to bring gradual healing as my emotions begin to align with truth?

Recommended Reading

The information in this workbook has been adapted from the following:

Holy in the Moment: Simple Ways to Love God and Enjoy Your Life, Ginger Harrington

Use the following list of resources to learn more about your emotional and spiritual health.

Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are, Brene Brown

Lifetime Guarantee: Making Your Christian Life Work and What to Do When It Doesn't, Bill Gilham

Switch on Your Brain: The Key to Peak Happiness, Thinking, and Health, Dr. Caroline Leaf

Grace Walk: What You've Always Wanted in the Christian Life, Steve McVey

The Rest of the Gospel: When the Partial Gospel has Worn You Out, Dan Stone and David Gregory

The Emotionally Healthy Woman: Eight Things You Have to Quit to Change Your Life, Geri Scazzero and Peter Scazzero

Emotionally Healthy Spirituality: Unleash a Revolution in Your Life in Christ, Peter Scazzero