

How to Walk Worthy

“...we have not stopped praying for you and asking God to fill you with the knowledge of his will through all spiritual wisdom and understanding. And we pray this in order that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God....” (Colossians 1:9-10)

“So then, just as you received Christ Jesus as Lord, continue to live in him, rooted and built up in him, strengthened in the faith as you were taught, overflowing with thankfulness. See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the basic principles of this world rather than on Christ.” (Colossians 2:6-8)

[Only 2 choices: (1) human tradition/worldly principles, or (2) Christ]

“Since, then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. Set your minds on things above, not on earthly things.... Put to death, therefore, whatever belongs to your earthly nature.... You used to walk in these ways, in the life you once lived. But now you must rid yourselves of all such things.... Let the word of Christ dwell in you richly as you teach and admonish one another.... And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus.... (Colossians 3:1-2, 5, 7, 16-17)

1. Commit to a _____ life.

Understand the critical link between emotional health and spiritual maturity.

“And Jesus grew in wisdom and stature, and in favor with God and man.” (Lk 2:52)

Jesus’ emotional life was free/unashamed. He cried (Lk 19:41), grieved (Lk 13:34), felt compassion (Lk 7:13); was filled with joy (Lk 10:21), anger (Mark 3:5), sadness (Mt 26:37-8), amazement (Lk 7:9), distress (Mk 3:5), etc.

“God knew what he was doing from the very beginning. He decided from the outset to shape the lives of those who love him along the same lines as the life of his Son. The Son stands first in the line of humanity he restored. We see the original and intended shape of our lives there in him.” (Romans 8:29, *The Message*)

2. Claim the _____ in your life.

Be aware of your emotional baggage and its sinful patterns in your relationships.

“Then the man and his wife heard the sound of the Lord God...and they hid from the Lord....But the Lord God called to the man, ‘Where are you?’ He answered, ‘I heard you...and I was afraid because I was naked, so I hid....The woman you put here with me—she gave me some fruit...and I ate it’....The woman said, ‘The serpent deceived me, and I ate.’” (Genesis 3:8-10, 12-13)

“As [Jesus] approached Jerusalem and saw the city, he wept over it and said, ‘If you, even you, had only known on this day what would bring you peace—but now it is hidden from your eyes.’” (Luke 19:41-42)

3. Choose to live a _____ life.

Submit to God’s plan for emotional health by living in brokenness before Him and others.

“Have mercy on me, O God, according to your unfailing love....Wash away all my iniquity and cleanse me from my sin. For I know my transgressions, and my sin is always before me....Create in me a pure heart, O God, and renew a steadfast spirit within me....Restore to me the joy of your salvation and grant me a willing spirit, to sustain me....The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.” (Psalm 51:1-3, 10, 12, 17)

“Do not be wise in your own eyes; fear the Lord and shun evil. This will bring health to your body and nourishment to your bones.” (Proverbs 3:7-8)

4. Cling to the _____ life.

Realize that lasting change, while difficult, is possible as you depend completely on the Lord.

“...but I see another law at work in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin at work within my members. What a wretched man I am! Who will rescue me from this body of death? Thanks be to God—through Jesus Christ our Lord!” (Romans 7:23-25)

“Since you have been raised with Christ, set your hearts on things above.” (Colossians 3:2)

“Above all else, guard your heart, for it is the wellspring of life.” (Proverbs 4:23)

“...train yourselves to be godly.” (1 Timothy 4:7)

“Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.” (1 Corinthians 9:24-27)

How to Manage Your Anger

Genesis 4:1-10

A-- _____ your anger as a _____, God-given emotion.

“The Lord looked with favor on Abel and his offering, but on Cain and his offering he did not look with favor. So Cain was very angry...his face was downcast.” (Genesis 4:4-5)

“The Lord, the Lord, the compassionate and gracious God, **slow to anger**, abounding in love and faithfulness, maintaining love to thousands, and forgiving wickedness, rebellion, and sin. Yet he does not leave the guilty unpunished....” (Deuteronomy 34:6-7)

N-- _____ its true _____ to help you respond properly.

“Then the Lord said to Cain, ‘Why are you angry? Why is your face downcast?’” (Genesis 4:6)

“Where do you think all these appalling wars and quarrels come from? Do you think they just happen? Think again. They come about because you want your own way, and fight for it deep inside yourselves. You lust for what you don’t have and are willing to kill to get it...You’re spoiled children, each wanting your own way.” (James 4:1-3, *The Message*)

G-- _____ in _____ of your response to the situation.

“If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must master it.” (Genesis 4:7)

“A **fool** gives **full vent** to his anger, but a **wise** man keeps himself **under control**.” (Proverbs 29:11)

“Everyone should be quick to listen, slow to speak, and **slow to become angry**, for man’s anger does not bring about the righteous life that God desires.” (James 1:19-20)

E-- _____ your anger in _____ ways.

“Now Cain said to his brother Abel, ‘Let’s go out to the field.’ And while they were in the field, Cain attacked his brother Abel and killed him.” (Genesis 4:8)

“You were taught...to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.... ‘In your anger do not sin’: Do not let the sun go down while you are still angry, and do not give the devil a foothold....Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs....Get rid of all bitterness, rage, and anger....Be kind and compassionate to one another....” (Ephesians 4:22-32)

R-- _____ the _____ with God’s help as soon as you can.

“‘I don’t know,’ [Cain] replied, ‘Am I my brother’s keeper?’” (Genesis 4:9)

“If you enter your place of worship and, about to make an offering, you suddenly remember a grudge a friend has against you, abandon your offering, leave immediately, go to this friend and make things right. Then and only then, come back and work things out with God.” (Matthew 5:23-24, *The Message*)

Bottom Line: Put your anger under new management.

“So I say, **live by the Spirit**, and you will not gratify the desires of the sinful nature. For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want.... The acts of the sinful nature are obvious: sexual immorality, impurity, and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions, and envy; drunkenness, orgies, and the like.... But the fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.”

How to Attack Anxiety

Matthew 6:25-34

A _____ event + B _____ about the event = C _____ from the event

1. Worry is _____ because of God's _____.

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear....So do not worry...Therefore do not worry...” (Matthew 6:25, 31, 34)

2. Worry is _____ because of God's _____.

“Look at the birds...; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?” (Matthew 6:26)

3. Worry is _____ because of God's _____.

“Who of you by worrying can add a single hour to his life?” (Matthew 6:27)

4. Worry is _____ because of God's _____.

“If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith?...For the pagans run after all these things, and your heavenly Father knows that you need them.” (Matthew 6:30, 32)

5. Worry is _____ because of God's _____.

“Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” (Matt 6:34)

6. Worry is _____ to withstand God's _____.

“But seek first his kingdom and his righteousness, and all these things will be given to you as well.” (Matthew 6:33)

Even before anxiety attacks, use God's strategy to attack anxiety:

a. Go _____ to the One Who _____ for you.

“Cast all your anxiety on [God] because he cares for you.” (1 Peter 5:7)

b. _____ about _____ is troubling you.

“Do not be anxious about anything, but in everything by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding will guard your hearts and your minds in Christ Jesus.” (Philippians 4:6-7)

c. Avoid “_____.”

“Whatever is true...noble...right...pure...lovely...admirable—if anything is excellent or praiseworthy—think about such things....And the God of peace will be with you.” (Philippians 4:8-9)

d. _____ on areas you can _____, and _____ the _____ to God.

“A little sleep, a little slumber, a little folding of the hands to rest—and poverty will come on you like a bandit and scarcity like an armed man.” (Proverbs 6:10)

“You will keep in perfect peace him whose mind is steadfast because he trusts in you.” (Isaiah 26:3)

How to Deal with Depression

1 Kings 19:1-19

1. _____ the _____ that make you _____.

“Above all else, guard your heart, for it is the wellspring of life.” (Proverbs 4:23)

P -- _____ factors

“...he went a day’s journey into the desert....prayed that he might die....Then he lay down under the tree and fell asleep. All at once an angel touched him and said, ‘Get up and eat.’...He ate and drank and then lay down again....The angel of the Lord came back a second time and touched him and said, ‘Get up and eat, for the journey is too much for you.’” (1 Kings 19:4-7)

A – _____ and/or _____

(1) _____ -- “Elijah was afraid and ran for his life....and prayed that he might die.” (1 Kings 19:3-4)

(2) _____ -- “I have had enough, Lord....Take my life.” (1 Kings 19:4)

“...been very zealous for the Lord...now they are trying to kill me.” (1 Kings 19:10)

I – _____

“When he came to Beersheba in Judah, he left his servant there while he himself went...into the desert.” (1 Kings 19:3-4)

N – Feelings of _____

“Take my life; I am no better than my ancestors....I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, broken down your altars, and put your prophets to death with the sword....and now they are trying to kill me too.” (1 Kings 19:10, 14)

S – “ _____ ”

Elijah said, “I am the only one left” (vv. 10, 14) but God reminded him, “Yet I reserve seven thousand in Israel—all whose knees have not bowed down to Baal and all whose mouths have not kissed him” (1 Kings 19:18).

2. _____ the _____ that makes you _____.

“My son, pay attention to what I say; listen closely to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to a man’s whole body.” (Proverbs 4:20-22)

H -- _____ your _____ as a scarce resource from God.

“Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God....And the word of the Lord came to him.” (1 Kings 19:7-9)

E -- _____ all your _____ to hear a word from God.

“The Lord said, ‘Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by.’...After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper...Elijah heard it.”

(1 Kings 19:11-13)

L -- _____ others _____ you obey the voice of God.

“The Lord said to him, ‘Go back the way you came....When you get there, anoint Hazael king over Aram...Jehu king over Israel...Elisha to succeed you.’” (1 Kings 19:15-16)

P -- _____ God’s _____ regardless of how you feel.

“So Elijah went from there and found Elisha....” (1 Kings 19:19)

How to Sack Stress

Matthew 11:28-30

S – Make a beeline to the _____.

“Come to me...and I will give you rest.” (Matthew 11:28)

“Come, all you who are thirsty, come to the waters; and you who have no money, come, buy and eat! Come, buy wine and milk without money and without cost.... Give ear and come to me; hear me, that your soul may live.” (Isaiah 55:1, 3)

T – Acknowledge the _____ stress takes on your life.

“Come...all you who are weary and burdened....” (Matthew 11:28)

“[God] knows us inside and out, keeps in mind that we’re made of mud. Men and women don’t live very long; like wildflowers they spring up and blossom, but a storm snuffs them out just as quickly, leaving nothing to show they were here.”

(Psalm 103:14-16, *The Message*)

R – Understand the need for _____ and _____.

“Come to me...and I will give you rest.” (Matthew 11:28)

“Work for six days and rest the seventh so your ox and donkey may rest and your servant and migrant workers may have time to get their needed rest.” (Exodus 23:12, *The Message*)

Jesus said, “The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath.”

(Mark 2:27-28)

E – _____ full time in *Christian State University*!

“Take my yoke upon you and learn from me....” (Matthew 11:29)

Jesus said, “I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing.” (John 15:5)

“For those God foreknew he also predestined to be conformed to the likeness of his Son, that he might be the firstborn among many brothers.” (Romans 8:29)

S – _____ your life by focusing on God’s priorities.

“...learn from me, for I am gentle and humble in heart....” (Matthew 11:29)

“...I don’t have a sense of needing anything personally. I’ve learned by now to be quite content whatever my circumstances. I’m just as happy with little as with much, with much as with little. I’ve found the recipe for being happy.... Whatever I have, wherever I am, I can make it through anything in the One who makes me who I am.” (Philippians 4:11-13)

“But seek first his kingdom and his righteousness, and all these things will be given to you as well.” (Matthew 6:33)

S – _____ the course--with or without the Joneses.

“...and you will find rest for your souls. For my yoke is easy and my burden is light.” (Matthew 11:29c-30)

“This is love for God: to obey his commands. And his commands are not burdensome, for everyone born of God overcomes the world.” (1 John 5:3-4)

“**[Martha] had a sister called Mary, who sat at the Lord’s feet listening to what he said. But Martha was distracted by all the preparations that had to be made.... She came to [Jesus] and asked, ‘Lord, don’t you care that my sister has left me to do all the work by myself? Tell her to help me!’ ‘Martha, Martha,’ the Lord answered, ‘you are worried and upset about many things, but only one thing is needed. Mary has chosen what is better, and it will not be taken from her.’” (Luke 10:38-40)**

Don’t let anyone else’s priorities take “what is better” from you!

How to Find Freedom through Forgiveness

Genesis 50:15-21

1. Acknowledge the _____ that conflicts your home.

“When Joseph’s brothers saw that their father was dead, they said, ‘What if Joseph holds a grudge against us and pays us back for all the wrongs we did to him??’” (Genesis 50:15)

_____ -- *you experience pain so deep and unfair you just can’t forget it*

“...the hour is near, and the Son of Man is betrayed into the hands of sinners.... Then all the disciples deserted him and fled.” (Matthew 26:45, 56)

2. Address the _____ that crowds your heart.

“...Joseph’s brothers...said, ‘What if Joseph holds a grudge against us and pays us back for all the wrongs we did to him?’ So they sent word to Joseph, saying, ‘Your father left these instructions before he died: ‘...forgive your brothers the sins and the wrongs they committed in treating you so badly.’. Now please forgive the sins of the servants of the God of your father.’ When their message came to him, Joseph wept.” (Genesis 50:15-18)

_____ -- *you can’t shake the memory of the hurt, and you can’t wish your offender well*

“Esau held a grudge against Jacob, because of the blessing his father had given him. He said to himself, ‘The days of mourning for my father are near; then I will kill my brother Jacob’... ‘consoling himself with the thought of killing you.’” (Genesis 27:41-42)

Let the Lord give you a **HEART EXAMINATION** by asking these questions from June Hunt:

Pride – Do I focus on much I have been wronged?

Faultfinding – Do I rehearse the faults of others over and over again?

Avoidance – Do I avoid being around people with whom I have a conflict?

Silence – Do I refuse to share my feelings in a healthy way?

Withdrawal – Do I withdraw emotionally (to avoid the pain, to lick my wounds, or to punish another)?

Unfaithfulness – Do I share unnecessary information about my accuser?

Hopelessness – Do I lack faith that God can work in my situation?

Resentment – Do I hold onto my anger until it turns into bitterness?

3. Allow the _____ that Christ-followers can have.

“But Joseph said to them, ‘Don’t be afraid. Am I in the place of God? You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.’” (Genesis 50:19-20)

_____ -- *you begin seeing the person in a whole new light, through God’s eyes, the way God sees you*

“To this you were called, because Christ suffered for you, leaving you an example, that you should follow in his steps. When they hurled their insults at him, he did not retaliate; when he suffered, he made no threats. Instead, he entrusted himself to [God] who judges justly. He himself bore our sins on the tree....” (1 Peter 2:23-24)

4. Advance _____ in Christ as your habit.

Joseph said, ““So then, don’t be afraid. I will provide for you and your children.’ And he reassured them and spoke kindly to them.” (Genesis 50:21)

_____ -- *you invite them back to restore the relationship, an invitation they can freely accept or reject*

“Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you.” (Colossians 3:13)

“So from now on we regard no one from a worldly point of view.... Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come! All this is from God, who reconciled us to himself and gave us the ministry of reconciliation: that God was reconciling the world to himself in Christ, not counting men’s sins against them. And he has committed to us the message of reconciliation. We are therefore Christ’s ambassadors, as though God were making his appeal through us.” (2 Corinthians 5:16-20)