



October 2, 2016

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## Inside Out

<sup>20</sup> I tell you the truth, you will weep and mourn over what is going to happen to me, but the world will rejoice. You will grieve, but your grief will suddenly turn to wonderful joy. <sup>21</sup> It will be like a woman suffering the pains of labor. When her child is born, her anguish gives way to joy because she has brought a new baby into the world. <sup>22</sup> So you have sorrow now, but I will see you again; then you will rejoice, and no one can rob you of that joy. <sup>23</sup> At that time you won't need to ask me for anything. I tell you the truth, you will ask the Father directly, and he will grant your request because you use my name. <sup>24</sup> You haven't done this before. Ask, using my name, and you will receive, and you will have abundant joy. **John 16:20-24 (NLT)**

### How Do We Live Emotionally Healthy Lives?

#### 1. Stop \_\_\_\_\_ your emotions

He looked around at them angrily and was deeply saddened by their hard hearts. **Mark 3:5a (NLT)**

And he sighed deeply in his spirit and said, "Why does this generation ask for a sign? Truly I tell you, no sign will be given to this generation." **Mark 8:12 (NRSV)**

Then Jesus wept. **John 11:35 (NLT)**

In his anguish he prayed even more earnestly, and his sweat fell to the ground like great drops of blood. **Luke 22:44 (NJB)**

At that time Jesus, full of joy through the Holy Spirit, said, "I praise you, Father," **Luke 10:21a (NIV2011)**

#### 2. Be \_\_\_\_\_ to all your emotions

"Emotional health and spiritual maturity are inseparable."  
Peter Scazzero

#### 3. Embrace the \_\_\_\_\_ of life.

I tell you the truth, you will weep and mourn over what is going to happen to me, but the world will rejoice. You will grieve, but your grief will suddenly turn to wonderful joy.

**John 16:20 (NLT)**

"It takes time - lots of it - to feel, to grieve, to listen, to reflect, to be mindful of what is going on around us and in us, to live and not simply exist, and to love well."

Peter Scazzero

<sup>30</sup> And you must love the LORD your God with all your heart, all your soul, all your mind, and all your strength. <sup>31</sup> The second is equally important: 'Love your neighbor as yourself.' No other commandment is greater than these." **Mark 12:30-31 (NLT)**

#### My Next Step Today Is To...

- Memorize and/or meditate on John 16:20
- Name what I am going through: \_\_\_\_\_
- Be willing to express my emotions through: Journaling, conversation, music, sports, or \_\_\_\_\_
- Step out of the dark and into God's light by receiving Jesus as my Savior and Lord.