

Mental Health and Emotional Wellness

Green Acres Women's Ministry Summer Bible Study 2020

June 16, 2020

Week One

There are 4 parts of mental health and emotional wellness: These parts are CONNECTED!

1. Medical Part – Complete physical workup, blood tests, etc., includes chemical part
2. Physical Part - What you put in your body (food, alcohol, sugar) sleep, activities, actions, attitudes, habits, time spent on social media, priorities, schedule
3. Mental Part - What we think! Includes our responses, reactions, emotions, relationships
4. Spiritual Part – Spiritual Practices – 20 minutes a Day for the Rest of Your Life
 - “The unfolding of your words give light.” Ps. 119:130
 - “Listen to the words of the wise; apply your heart to my instruction.” Prov. 22:17
 - Prov. 18:21- Words Give Life – Who is speaking truth into your life?

“Love the Lord your God with all your heart with all your soul and with all your mind.”
Matthew 22:37; Mark and Luke add “with all your strength”

APPLICATION: If you will love the Lord this way, what action does love require you to do?

CHALLENGE: My Whole Heart for My Whole Life!

Dr. Caroline Leaf – “Healthy Thoughts vs. Toxic Thoughts” - YouTube.com

- We have between 9,000-60,000 thoughts a day, 90% are repetitive from the day before.
- “What you think about grows!” Dr. Caroline Leaf

Group Assignment:

1. Turn to page 13- Getting Started. Read (individually) p. 14-17
2. Together as a group - Work through p. 18

Home Assignment:

1. IDEALLY: Complete **Broken** p. 19-35 and **Mad** p. 37-54 in “Stuck” Workbook
2. IF NOT: Complete Bible Study portion (brown pages) of **Broken** and **Mad**.
3. Consider connecting with your table group

“He will turn the Valley of Trouble
into a gateway of hope.” Hosea 2:15

