

Building Healthy Emotions
(New Normal)
May 8, 2022 ~ Mother's Day

1 Thessalonians 5:23 NIV

Theme: We are finding out how the Covid-19 Pandemic has affected people's SOULS. We can help people experience EMOTIONAL PEACE.

Emotionally Solid in the New Normal

1. We experience SHOCK - disorienting
Example: Billy
2. We feel SORROW - Isaiah 53:3 ESV, Psalm 61:1-2 NKJV
3. We begin to STRUGGLE - Jeremiah 20:18, Matthew 27:46 NIV

Rock Solid - Matthew 7:24-25 MSG

1. The foundation of RELATIONSHIPS and connectedness
 - ✓ Connect with GOD and others everyday - Philippians 4:8-9, Ephesians 4:16
2. The structure of PURPOSE and ROUTINES - Jeremiah 29:11; Proverbs 29:18 KJV, NIV
 - ✓ Discover my purpose and make a difference
3. The beautifying of TRUST and SELF-CONTROL
 - ✓ List: control vs. can't control - Proverbs 3:5-6