

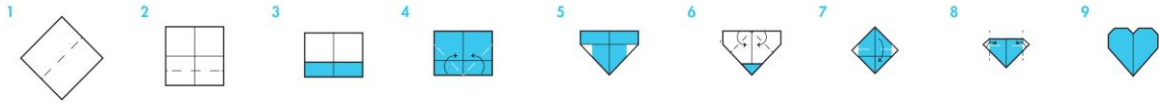
# TRANSFORMED

*Life Groups*

SEASON RUNS JANUARY 26 - MARCH 21

Life Group Member's Notes

Week 4



## SESSION 4

### Transformed in my Emotional Health

This Study can be found on pages 157-162 of the Transformation Workbook by Rick Warren

#### CHECKING IN

- Which of the mental health verses from your devotional reading this past week was the most meaningful to you? (If you are not following the guidebook then share a scripture from your personal devotional time that impacted you this week.)
- When you hurt yourself (stub your toe, whack your thumb with a hammer, etc) do you tend to stuff it, yell at it, cry about it, or dance around?

#### MEMORY VERSE

*"Come to me, all you who are weary and burdened and I will give you rest."*  
MATTHEW 11:28 (NIV).

#### VIDEO

Watch the video lesson and follow along in the outline below.

#### TRANSFORMED IN MY EMOTIONAL HEALTH

*He heals the broken-hearted and bandages their wounds*  
PSALM 147:3 (TEV)

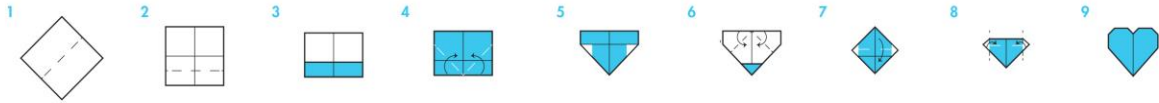
#### FIVE STEPS TOWARD EMOTIONAL HEALTH

- \_\_\_\_\_ my \_\_\_\_\_. You'll never be emotionally healthy until you face your feelings straight on.

*I kept very quiet... but I became even more upset. I became very angry inside and as I thought about it, my anger burned.* PSALM 39:2-3 (NCV)

Holding on to hurts is like carrying hot coals in your heart – you're the one who's going to get burned. When you swallow your hurt, your stomach keeps score.

You must be honest with yourself, honest with God and honest with one other person.



*When I kept things to myself, I felt weak deep inside me. I moaned all day long.*  
 PSALM 32:3

\_\_\_\_\_ those who have \_\_\_\_\_.

One of the most difficult decisions you'll make in life is this: "Do I want to get well or do I want to get even?"

*It was while we were still sinners that Christ died for us!* ROMANS 5:8 (TEV)

*Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.* EPHESIANS 4:31-32 (NIV)

*You have kept a record of my tears.* PSALM 56:8 (TEV)

*Never pay back evil for evil... never avenge yourselves. Leave that to God, for he has said that he will repay those who deserve it. (Don't take the law into your own hands).*

ROMANS 12:17-19 (TLB)

• Replace \_\_\_\_\_ with \_\_\_\_\_.

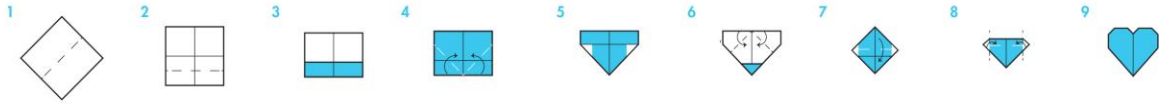
*Let God transform you into a new person by changing the way you think.*  
 ROMANS 12:2 (NLT)

*Jesus who makes people holy, and all those who are made holy have the same Father. That is why Jesus isn't ashamed to call them brothers and sisters.*

HEBREWS 2:11 (GWT)

If you want to change the way you feel about your life, you have to change the way you think your life. Replace old lies with God's truths.

• \_\_\_\_\_ on the \_\_\_\_\_.



*Put your heart right ... Reach out to God ... face the world again, firm and courageous. Then all your troubles will fade from your memory, like floods that are past and remembered no more.*  
 JOB 11:13-16 (TEV)

Your past is not your future. The old you is not the new you.

*Look straight ahead with honest confidence; don't hang your head in shame.*  
 PROVERBS 4:25

- \_\_\_\_\_ to help \_\_\_\_\_.

God wants to redeem your pain. He wants to use your experiences to help other people. That's what ministry is all about.

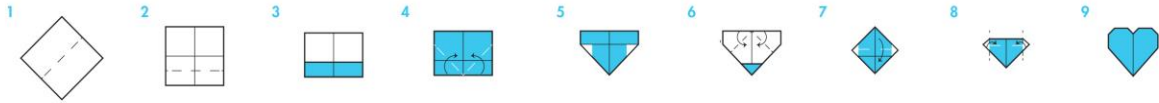
*(God) comforts us every time we have trouble, so when others have trouble, we can comfort them with the same comfort God gives us.*  
 2 CORINTHIANS 1:4 (NCV)

*When someone becomes a Christian, he becomes a brand new person inside. He is not the same anymore. A new life has begun!*  
 2 CORINTHIANS 5:17 (TLB)

**DISCOVERY QUESTIONS**  
 (PICK AT LEAST ONE OR TWO)

- God never wastes a hurt. Your greatest ministry will come from your deepest pain. Would anyone like to share a personal story of how God brought emotional healing into your life? This is great practice for sharing faith with non-believing friend.

- The Bible says, "When I kept things to myself, I felt weak deep inside me. I moaned all day long" (Psalm 32:3 NCV). Why do you think we would rather hide the things that have happened to us instead of revealing them to someone?



- Why is it hard to forgive when we have been wronged? What happens if we choose not to forgive? What could happen if we do forgive?

- The Bible says, *"Be made new in the attitude of your minds"* (Ephesians 4:23 NIV) Pastor Rick said, "If you want to change the way you feel about your life, you have to change the way you think about your life." What is one thought you need to change about yourself?

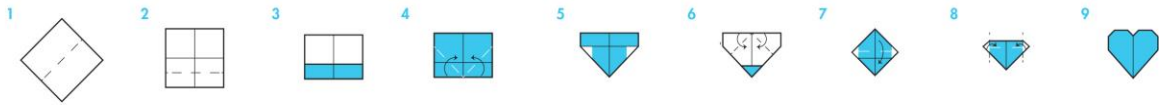
## PUTTING IT INTO PRACTICE

Where do you want to be three months from now with your emotional health? What is one thing you will do to take step in that direction? Not one thing you could do, or might do, but one thing you will do. Review Pastor Rick's video outline to help you with ideas. We know that goals that are not expressed are very rarely met, so share your goal with one other person in your group. Write your Emotional Health goal in the space below.

## MY THREE-MONTH SPIRITUAL EMOTIONAL GOAL

## PRAYER DIRECTION

If anyone shared a hurt or needs prayer, be sure to pray for those things during your prayer time. If you are short on time or your group members would feel more comfortable sharing with one other person, you might want to pair up and pray for each other.



## DIVING DEEPER

### WANT TO GO DEEPER IN YOUR EMOTIONAL HEALTH?

- Read the Daily Devotions for days 22 to 28 in your Transformed Guidebook
- Read the Memory Verse for this session every day this week as part of your quiet time. See if you can have it memorized before your next group meeting.
- Read *Life's Healing Choices* by John Baker. Based on the eight beatitudes of Jesus, this book offers freedom from our hurts, hang-ups and habits through eight healing choices that promise true happiness and life transformation.
- Jesus desires to bring healing from the bondage of emotional wounds. If something is on your mind, please talk to your leader or speak to a Pastor. Jesus promises to bring true wholeness.