

## **The Whole Thing, Part Three - Mental & Emotional Wholeness**

### **John 5:6 (AFV)**

Jesus saw him lying there, and, knowing that he had been there a long time, said to him, "Do you desire to be made whole?"

**God wants us emotionally whole.**

### **2 Timothy 1:7 (AMP)**

For God did not give us a spirit of timidity or cowardice or fear, but [He has given us a spirit] of power and of love and of sound judgment and personal discipline [abilities that result in a calm, well-balanced mind and self-control].

**Emotional wholeness is determined by where you set your mind.**

### **Colossians 3:2 (GWT)**

Keep your mind on things above, not on worldly things.

### **Romans 8:6 (NHEB)**

For the mind set on the flesh is death, but the mind set on the Spirit is life and peace...

### **Philippians 4:8 (GWT)**

Finally, brothers and sisters, keep your thoughts on whatever is right or deserves praise: things that are true, honorable, fair, pure, acceptable, or commendable.

**Emotional wholeness requires glorification and gratitude toward God.**

## **Romans 1:21 (NIV)**

For although they knew God, they neither glorified him as God nor gave thanks to him, but their thinking became futile and their foolish hearts were darkened.

## **1 Kings 19:1-18 (CEV)**

1 Ahab told his wife Jezebel what Elijah had done and that he had killed the prophets. 2 She sent a message to Elijah: "You killed my prophets. Now I'm going to kill you! I pray that the gods will punish me even more severely if I don't do it by this time tomorrow." 3 Elijah was afraid when he got her message, and he ran to the town of Beersheba in Judah. He left his servant there, 4 then walked another whole day into the desert. Finally, he came to a large bush and sat down in its shade. He begged the LORD, "I've had enough. Just let me die! I'm no better off than my ancestors." 5 Then he lay down in the shade and fell asleep. Suddenly an angel woke him up and said, "Get up and eat." 6 Elijah looked around, and by his head was a jar of water and some baked bread. He sat up, ate and drank, then lay down and went back to sleep. 7 Soon the LORD's angel woke him again and said, "Get up and eat, or else you'll get too tired to travel." 8 So Elijah sat up and ate and drank. The food water made him strong enough to walk 40 more days. At last, he reached Mount Sinai, the mountain of God, 9 and he spent the night there in a cave. While Elijah was on Mount Sinai, the LORD asked, "Elijah, why are you here?" 10 He answered, "LORD God All-Powerful, I've always done my best to obey you. But your people have broken their solemn promise to you. They have torn down your altars and killed all your prophets, except me. And now they are even trying to kill me!" 11 "Go out and stand on the mountain," the LORD replied. "I want you to be there when I pass by." All at once, a strong wind shook the mountain and shattered the rocks. But the LORD was not in the wind. Next, there was an earthquake, but the LORD was not in the earthquake. 12 Then there was a fire, but the LORD was not in the fire. Finally, there was a gentle breeze, 13 and when Elijah heard it, he covered his face with his coat. He went out and stood at the entrance to the cave. A voice asked, "Elijah, why are you here?" 14 Elijah

answered, "LORD God All-Powerful, I've always done my best to obey you. But your people have broken their solemn promise to you. They have torn down your altars and killed all your prophets, except me. And now they are even trying to kill me!" 15 The LORD said: Elijah, you can go back to the desert near Damascus. And when you get there, appoint Hazael to be king of Syria. 16 Then appoint Jehu son of Nimshi to be king of Israel, and Elisha son of Shaphat to take your place as my prophet. 17 Hazael will start killing the people who worship Baal. Jehu will kill those who escape from Hazael, and Elisha will kill those who escape from Jehu. 18 But 7,000 Israelites have refused to worship Baal, and they will live.

## **6 Steps to Emotional Wholeness**

### **1. Pray**

**Psalm 142:2 (GNT)**

I bring him all my complaints; I tell him all my troubles.

### **2. Identify perceived threats.**

**Job 3:25 (NET)**

For the very thing I dreaded has happened to me, and what I feared has come upon me.

### **3. Get plenty of rest.**

**Psalm 127:2 (AMP)**

It is vain for you to rise early, to retire late, to eat the bread of anxious labors - For He gives blessings to His beloved even in his sleep.

### **4. Eat and stay hydrated.**

### **1 Corinthians 10:31 (NIV)**

So, whether you eat or drink or whatever you do, do it all for the glory of God.

### **5. Hear from God.**

### **Luke 11:27-28 (NIV)**

27 As Jesus was saying these things, a woman in the crowd called out, "Blessed is the mother who gave you birth and nursed you." 28 He replied, "Blessed rather are those who hear the word of God and obey it."

### **6. Carry out your purpose.**

### **Acts 20:24 (NLT)**

But my life is worth nothing to me unless I use it for finishing the work assigned me by the Lord Jesus - the work of telling others the Good News about the wonderful grace of God.