

NOT

ASHAMED

SPIRITUAL LEADERSHIP
CONFERENCE 2022

OF CHRIST

Title: Emotional Health

Speaker: Dr. George Crabb

Introduction: _____

1. Our _____

“And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth. So God created man in his own image, in the image of God created he him; male and female created he them.” (Genesis 1:26-27)

“Know ye that the LORD he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture.” (Psalm 100:3)

- A. _____ – we are conscious and volitional
- B. _____ – made for relationship
(God and others)
- C. _____ – there is a purpose to our thoughts, words, and behaviors

“And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.” (1 Thessalonians 5:23)

“I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.” (Psalm 139:14)

2. Our _____

A. God loves and delights in His Son

“Behold my servant, whom I uphold; mine elect, in whom my soul delighteth; I have put my spirit upon him: he shall bring forth judgment to the Gentiles.” (Isaiah 42:1)

“And lo a voice from heaven, saying, This is my beloved Son, in whom I am well pleased.” (Matthew 3:17)

B. God delights in justice

“He loveth righteousness and judgment: the earth is full of the goodness of the LORD.” (Psalm 33:5)

“But let him that glorieth glory in this, that he understandeth and knoweth me, that I am the LORD which exercise lovingkindness, judgment, and righteousness, in the earth: for in these things I delight, saith the LORD.” (Jeremiah 9:24)

C. God rejoices in His people

“The LORD thy God in the midst of thee is mighty; he will save, he will rejoice over thee with joy; he will rest in his love, he will joy over thee with singing.” (Zephaniah 3:17)

D. God experiences anger/wrath

“Ye shall not afflict any widow, or fatherless child. If thou afflict them in any wise, and they cry at all unto me, I will surely hear their cry; And my wrath shall wax hot, and I will kill you with the sword; and your wives shall be widows, and your children fatherless.” (Exodus 22:22-24)

“The foolish shall not stand in thy sight: thou hatest all workers of iniquity. Thou shalt destroy them that speak leasing; the LORD will abhor the bloody and deceitful man.” (Psalm 5:5-6)

E. God is compassionate

“And he said, I will make all my goodness pass before thee, and I will proclaim the name of the LORD before thee; and will be gracious to whom I will be gracious, and will shew mercy on whom I will shew mercy.” (Exodus 33:19)

“Like as a father pitieth his children, so the LORD pitieth them that fear him.” (Psalm 103:13)

3. _____ and _____ Our Emotions – A Four-Fold Foundation

A. Mortify or put to death ungodly emotions and then master them

1. Connect with God's Word

“Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.” (Psalm 139:23-24)

“Faithful are the wounds of a friend; but the kisses of an enemy are deceitful.” (Proverbs 27:6)

2. Confession and change

“If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.” (1 John 1:9)

3. Captured thought life

“Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;” (2 Corinthians 10:5)

4. Christlikeness in all we are

“But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law. And they that are Christ's have crucified the flesh with the affections and lusts. If we live in the Spirit, let us also walk in the Spirit.” (Galatians 5:22-25)

B. Verses Regarding Anger

“Be ye angry, and sin not: let not the sun go down upon your wrath:” (Ephesians 4:26)

“And when he had looked round about on them with anger, being grieved for the hardness of their hearts, he saith unto the man, Stretch forth thine hand. And he stretched it out: and his hand was restored whole as the other.” (Mark 3:5)

“The LORD is merciful and gracious, slow to anger, and plenteous in mercy.” (Psalm 103:8)

“But he, being full of compassion, forgave their iniquity, and destroyed them not: yea, many a time turned he his anger away, and did not stir up all his wrath.” (Psalm 78:38)

“For from within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders, thefts, covetousness, wickedness, deceit, lasciviousness, an evil eye, blasphemy, pride, foolishness: All these evil things come from within, and defile the man.”
(Mark 7:21-23)

“For the wrath of man worketh not the righteousness of God.”
(James 1:20)

1. Mortify and Master

- A. Connect with God’s Word
- B. Confess and Change

“He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy.” (Proverbs 28:13)

C. Captured Thought Life

“That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts; And be renewed in the spirit of your mind; And that ye put on the new man, which after God is created in righteousness and true holiness.”
(Ephesians 4:22-24)

D. Christlikeness

C. Verses Regarding Worry, Anxiety, and Fear

“The fear of man bringeth a snare: but whoso putteth his trust in the LORD shall be safe.” (Proverbs 29:25)

“And take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares.” (Luke 21:34)

“Heaviness in the heart of man maketh it stoop: but a good word maketh it glad.” (Proverbs 12:25)

“Cease from anger, and forsake wrath: fret not thyself in any wise to do evil.” (Psalm 37:8)

“The name of the LORD is a strong tower: the righteous runneth into it, and is safe.” (Proverbs 18:10)

“In God have I put my trust: I will not be afraid what man can do unto me.” (Psalm 56:11)

1. Mortify and Master

- A. Connect with God’s Word
- B. Confess and Change

C. Captured Thought Life

D. Christlikeness

D. Verses Regarding Depression

“Will the Lord cast off for ever? and will he be favourable no more? Is his mercy clean gone for ever? doth his promise fail for evermore? Hath God forgotten to be gracious? hath he in anger shut up his tender mercies? Selah.” (Psalm 77:7-9)

“A merry heart doeth good like a medicine: but a broken spirit drieth the bones.” (Proverbs 17:22)

“The spirit of a man will sustain his infirmity; but a wounded spirit who can bear?” (Proverbs 18:14)

“But he himself went a day’s journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O LORD, take away my life; for I am not better than my fathers.” (1 Kings 19:4)

“Therefore now, O LORD, take, I beseech thee, my life from me; for it is better for me to die than to live.” (Jonah 4:3)

“And it came to pass, when the sun did arise, that God prepared a vehement east wind; and the sun beat upon the head of Jonah, that he fainted, and wished in himself to die, and said, It is better for me to die than to live.” (Jonah 4:8)

“For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.” (1 Timothy 4:8)

1. Mortify and Master

A. Connect with God’s Word

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C. Captured Thought Life

D. Christlikeness

4. _____ Provided By The Church

“And, behold, a certain lawyer stood up, and tempted him, saying, Master, what shall I do to inherit eternal life? He said unto him, What is written

in the law? how readest thou? 27 And he answering said, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbour as thyself. 28 And he said unto him, Thou hast answered right: this do, and thou shalt live. 29 But he, willing to justify himself, said unto Jesus, And who is my neighbour? 30 And Jesus answering said, A certain man went down from Jerusalem to Jericho, and fell among thieves, which stripped him of his raiment, and wounded him, and departed, leaving him half dead. 31 And by chance there came down a certain priest that way: and when he saw him, he passed by on the other side. 32 And likewise a Levite, when he was at the place, came and looked on him, and passed by on the other side. 33 But a certain Samaritan, as he journeyed, came where he was: and when he saw him, he had compassion on him, 34 And went to him, and bound up his wounds, pouring in oil and wine, and set him on his own beast, and brought him to an inn, and took care of him. 35 And on the morrow when he departed, he took out two pence, and gave them to the host, and said unto him, Take care of him; and whatsoever thou spendest more, when I come again, I will repay thee. 36 Which now of these three, thinkest thou, was neighbour unto him that fell among the thieves? 37 And he said, He that shewed mercy on him. Then said Jesus unto him, Go, and do thou likewise.” (Luke 10:25-37)

- A. _____ Man
- B. _____
- C. _____ Men
- D. _____ Man

“The Spirit of the Lord GOD is upon me; because the LORD hath anointed me to preach good tidings unto the meek; he hath sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound; To proclaim the acceptable year of the LORD, and the day of vengeance of our God; to comfort all that mourn; To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the LORD, that he might be glorified.” (Isaiah 61:1-3)

Conclusion: _____



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