

12 Fundamentals of Mental and Emotional Health (Living Wisdom by David Riddell.)

1. Having an internalised sense of my worth and value.
2. Having an internalised sense of belonging and security
- 3 Accepting responsibility for my own choices – this includes my attitude, my moods, and my predicament.
- 4 Having a sense of progress via worthwhile goals.
- 5 Accept my past by learning from and benefitting from my mistakes.
- 6 The willingness to accept short-term pain for long term gain.
- 7 The ability to accept correction – especially from those who know better than me.
- 8 To balance realistic expectations both for myself and others.
- 9 To balance my needs with other peoples.
- 10 To balance head and heart
- 11 To balance trust with caution.
- 12 To properly care for my body.

If you are interested, you can listen to David preaching on the 12 Fundamentals of Mental and Emotional Health at <https://vimeo.com/1711264>



Mental and Emotional Health

Part 1

Foundational Text Matt 11:28-30

Come to me all who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light. (New International)

Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly. (The Message)

Definition of good mental health from the Mental Health Foundation:

A positive sense of wellbeing which enables an individual to function in society and meet the demands of everyday life; people in good mental health have the ability to recover effectively from illness, change or misfortune.

My Notes

A question to ponder this week

Where does my sense of value and worth come from?

Scriptures mentioned in today's sermon

Proverbs 4:23 – As a man believes in his heart, so he is.

John 8:32 – You will know the truth and the truth will set you free.

Romans 12:2b....be transformed by the renewing of the mind.

John 14:16-20 - I will ask the Father, and he will give you another Counsellor to be with you forever, the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you. I will not leave you as orphans; I will come to you. Before long, the world will not see me anymore, but you will see me. Because I live, you also will live. On that day you will realise that I am in my Father, and you are in me, and I am in you.

John 6:27b - God the Father has placed his seal of approval on me

John 8:29 - The one who sent me is with me; he has not left me alone, for I always do what pleases him

John8:14 - I know where I came from and where I am going

John13:3 -Jesus knew that the Father had put all things under his power and that he had come from God and was returning to God

John 16:32b - I am not alone because my Father is with me

John14:23b - My Father will love you and we will come and make our home with you.

John16:27 - The Father himself loves you because you have loved me and have believed that I have come from God.

John 15:9 - As the Father has loved me, so have I loved you. Now remain in my love.'

John15:15b -I have called you friends, for everything that I have learned from my Father, I have made known to you.

John17:25-26 - (praying for believers) Righteous Father, though the world does not know you, I know you, and they know that you have sent me. I have made you known to them, and will continue to make you known in order that the love you have for me may be in them and that I myself may be in them.

Eph 3:17-18 – I pray that you, being rooted and established in love, may have power together with all the saints to grasp how wide and long and high and deep is the love of Christ.....