

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 2

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.

A question to ponder this week:

Am I free to look forward and make progress in my life or am I still held back by my past?

My Notes

Scriptures mentioned in today's sermon

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

Proverbs 13:12a Hope deferred makes the heart sick.

John 4:34 My food, said Jesus, is to do the will of him who sent me and to finish his work.

John 10:18 No-one takes my life from me, but I lay it down on my own accord. I have authority to lay it down and to take it up again. This command I received from my Father.

John 8:28-29 So Jesus said, "When you have lifted up the Son of Man, then you will know that I am he and that I do nothing on my own but speak just what the Father has taught me. The one who sent me is with me; he has not left me alone, for I always do what pleases him."

John 13:3-4 Jesus knew that the Father had put all things under his power, and that he had come from God and was returning to God; so he got up from the meal, took off his outer clothing, and wrapped a towel around his waist.

Hebrews 10:11-14 But when this priest(Jesus) had offered for all time one sacrifice for sins, he sat down at the right hand of God, and since that time he waits for his enemies to be made his footstool. For by one sacrifice he has made perfect forever those who are being made holy.

Heb12:1-3 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the author and perfecter of our faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

Luke 2:40 And the child grew and became strong; he was filled with wisdom, and the grace of God was upon him.

Luke 2:51 And Jesus grew in wisdom and stature and in favour with God and man.

Gen 50:20 You intended to harm me but God intended it for good to accomplish what is happening now – the saving of many lives!

John 14:1-4 Do not let your hearts be troubled. You believe in God; believe also in me. In my Father's house are many rooms; if that were not so, would I have told you. I am going there to prepare a place for you. And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am.

John 16:33 I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.

Revelation 22:12 (Jesus says) Behold, I am coming soon! My reward is with me, and I will give to everyone according to what he has done. I am the Alpha and the Omega, the First and the Last, the Beginning and the End.