

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 3

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.

Questions to ponder this week:

How well do I balance looking after other people's needs with my own?
Do I use both my head and my heart when interpreting people and viewing life?

Scriptures mentioned in today's sermon

John 11:25 I am the resurrection and the life, whoever believes in me will live even though he dies.

Mark 12:31...love your neighbour as yourself. There is no commandment greater than these.

Exodus 20:8-11 and Deut 5:12-15. – reasons for observing Sabbath.

Mark 1:35 Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place where he prayed.

Luke 5:15-16 ...news about Jesus spread all the more so that the crowds of people came to hear him and be healed of their sickness. But Jesus often withdrew to lonely places to pray.

Matt 14:13 When Jesus heard what had happened,(news of his cousin John's death) he withdrew by boat privately to a solitary place.

Mark 6:31 ...because so many people were coming and going that they (the apostles) did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place to get some rest."

John 11:53-54 So from that day on they(chief priests and the Pharisees) plotted to take his life. Therefore Jesus no longer moved about publicly among the Jews. Instead he withdrew to a region near the desert, to a village called Ephraim, where he stayed with his disciples.

Matthew 10:16b Be as shrewd as snakes and as innocent as doves...

John 2:23-24 Meanwhile, he (Jesus) was in Jerusalem at the Passover Feast. Many people saw the signs he was doing. And they believed in his name. But Jesus did not fully trust them. He knew what people are like.

John 1:47 Jesus saw Nathanael approaching. Here is what Jesus said about him. "He is a true Israelite. Nothing about him is false."

Matt 16:18 Here is what I tell you. You are Peter. On this rock I will build my church. The gates of hell will not be strong enough to destroy it.

John 7 (:1-10 – a selection of verses) Jesus didn't want to travel around in Judea. That was because the Jewish leaders there were looking for a way to kill him..... Jesus' brothers said to him, "Leave Galilee and go to Judea. Then your disciples there will see the works that you do. No one who wants to be well known does things in secret..... Even Jesus' own brothers did not believe in him.Jesus told them -You go to the feast. I am not going up to this feast.... After he said this, he stayed in Galilee..... But when his brothers had left for the feast, he went also. But he went secretly, not openly.

John 12:1-3 It was six days before the Passover Feast. Jesus came to Bethany, where Lazarus lived. Lazarus was the one Jesus had raised from the dead. A dinner was given at Bethany to honour Jesus. Martha served the food. Lazarus was among the people at the table with Jesus. Then Mary took about a pint of pure nard. It was an expensive perfume. She poured it on Jesus' feet and wiped them with her hair. The house was filled with the sweet smell of the perfume.

Luke 23:8-9 When Herod saw Jesus, he was very pleased. He had been wanting to see Jesus for a long time. He had heard much about him. He hoped to see Jesus perform a sign of some kind. Herod asked him many questions, but Jesus gave him no answer.

John 19:25-27 Jesus' mother stood near his cross. So did his mother's sister, Mary the wife of Clopas, and Mary Magdalene. Jesus saw his mother there. He also saw the disciple he loved standing nearby. Jesus said to his mother, "Dear woman, here is your son." He said to the disciple, "Here is your mother." From that time on, the disciple took her into his home.