

Keys to a Healthy Soul-Part 2

Don't run out of emotional energy before this pandemic runs its course

Inspired by "A Faith that Leads to Emotional Health"
by Rick Warren

Don't burn out; keep yourselves fueled and aflame... Don't quit in hard times; pray all the harder. **Romans 12:11-12 (MSG)**

Everyone has different _____ of stress

Everyone entered this crisis with different amounts of _____

Everyone has to _____ their own emotional tank

Maintain a _____

So be very careful how you live. Do not live like those who are not wise, but live wisely. **Ephesians 5:15 (NCV)**

Your soul is your _____, _____ and your _____.

Serve someone _____ more than you

... remember the words Jesus said: 'It is more blessed to give than to receive.'
Acts 20:35 (NCV)

The generous will prosper; those who refresh others will themselves be refreshed. **Proverbs 11:25 (NLT2)**

Where there is no counsel, the people fall; But in the multitude of counselors there is safety. **Proverbs 11:14 (NKJV)**

Seek _____ before making Major Decisions

For there is a proper time and procedure
for every matter, though a man's misery
weighs heavily upon him.
Ecclesiastes 8:6 (NIV)

Plans fail without good advice, but they succeed with the
advice of many others. Proverbs 15:22 (NCV)

Control the controllable, _____ _____ for the uncontrollable

So you see that Abraham's faith and the
things he did worked together. His faith
was made perfect by what he did.
James 2:22 (NCV)

Everyday Choices

1. Fuel your soul everyday
2. Manage your media intake
3. Offer Grace to yourself and others
4. Maintain a routine
5. Serve some suffering more than you
6. Seek advice before making major discussion
7. Control the controllable and trust God for the uncontrollable

Jesus called out to them, "Come,
follow me... Matthew 4:19 (NLT2)