

Soul Care in Self Isolation – Emotional Health

“Once we acknowledge the soul we can learn to hear it’s cries.” Dallas Willard

“You’re a Slacker McFly!”

Growing in our Emotional Health

“To the degree that we are unable to express our emotions we remain impaired in our ability to love God, others and ourselves well.” Pete Scazzero

Name the Emotion (Feeling the Feels)

Part of growing in our emotional health and our ability to respond and love well is being able to feel the feels.” Christa Hesselink

Psalm 13, Job 3:1-10

Being Grounded in Reality 1 Thes 5, Phil 4

Take Aways:

1) Building Emotional Health

2) Understanding and Practicing Lament

Parts of a Lament

- Address - usually directly to God, "Hear me O God"
- Distress - a description of the occurrences for which the people are requesting assistance or rescue
- Request/Appeal – Asking God to help with whatever is Distress
- Trust/Surrender – expression of trust, worship, declaration

Got Questions? Text 519-893-2951 or email shayne@pathwaycc.ca

- 1) Do a check in with everyone in your group. How is everyone doing? Try and have everyone share a high and a low.
- 2) What was something that stood out to you in the message this week? What was something you learned? Was there anything you had a hard time with? Did God stir anything inside you this week?
- 3) Do you find it hard to name your emotions? Why or why not?
- 4) Do you agree that emotional health is important? Why or why not?
- 5) What are some things that tend to build your emotional health? What are some things that hinder your emotional health?
- 6) Pray together before you read the scripture and ask God to speak to you. Read Psalm 13 & 34 together.
 - a) What stands out to you in the passages you read?
 - b) What is the most challenging part of these passages for you?
 - c) Was there something that you didn't understand or do you have any questions about these passages?
 - d) Which Psalm speaks more to where you are at emotionally right now? As comfortable, describe why that is for the group?
 - e) Was lament something you have heard much about? Why do you think that is the case?
 - f) How can we do a better job of incorporating lament into our lives?
 - g) When things are going well in our lives we often forget about God. Do you agree or disagree? How can we do a better job of remembering and including God when we are emotionally well?
- 7) Were you able to write a lament during the service or after? What did you think of that experience? How can this help us to grow in our emotional health?
- 8) Spend some time praying for one another. Pray also for our church, our world leaders and for our frontline workers.