



# EMOTIONAL

*This gauge represents where you are emotionally: how you are feeling internally on a day to day basis and the way you respond to the environments and relationships around you. If you are currently in counseling, make note of progress your counselor has acknowledge or that you are progressing toward.*

**DRAW A LINE ON THE GAUGE ABOVE TO INDICATE YOUR CURRENT LEVEL OF EMOTIONAL HEALTH.**

## WHERE TO START...

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Take a moment to quiet yourself, be still and meditate for 5-10 minutes. Reflect on how you feel at this very moment, making note of any peace, anxiety, worry, or restlessness you are experiencing. Capture any negative thoughts in your mind and replace them with truth. Speak your feelings out loud or take a brief moment to journal them.

## WHAT GOD SAYS...

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*“The Lord is my shepherd; I have all that I need. He lets me rest in green meadows; he leads me beside peaceful streams. He renews my strength. He guides me along right paths, bringing honor to his name. Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me.”*

*Psalm 23:1-4 (NLT)*

*“Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes.”*

*Matthew 6:34 (MSG)*

*“And now dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and lovely, and admirable. Think about things that are excellent and worthy of praise.”*

*Philippians 4:8 (NLT)*

## TODAY, I WILL...

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Decide to let your mind rest in who God says I am. Some of you will turn off my technology for at least an hour, and others will decide to for the entire day. Go outside and walk in nature, to let my mind be curious and in awe of His beautiful creation. Decide to slow your pace and rest, and celebrate the things in my life I am grateful for at this moment.

## TODAY, MY PRAYER IS...

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*Heavenly Father, you know every thought, worry, anxiety, and challenge we have in our minds.*

*Heavenly Father, help us to change our thought patterns to focus on who you say we are and the things that are true. Let us not find our worth in the things of this world, but to seek you first in all things.*

*Heavenly Father, let us be bold in our faith and rest in you. Help us to spend daily time with you, in your Word, renewing our minds on things of your Kingdom.*

*Heavenly Father, create in us a desire to draw closer to you. In your beautiful name, Amen.*

### LOOKING GO DEEPER?

[Promises](#) by Maverick City Music

[That Sounds Fun \(Episode 196\)](#) by Annie Downs (Podcast)

[Emotionally Healthy Spirituality](#) by Peter Scazzero