Pathway to Emotional and Spiritual Health | “Understanding Your Inner Life”

Week 3: Recognizing Emotional Patterns and Triggers
Healthy Boundaries And Personal Responsibility

Speaker: Patricia Driggers

Review H.A.L.T. and NEW START (8 Laws of Health)

- H.A.L.T.-Don’t let yourself get too Hungry, Angry, Lonely or Tired.
- NEW START-Nutrition, Exercise, Water, Sunshine, Temperance, Air, Rest, Trust
- WWJD-What would Jesus do?

Oh, Be Careful Little…

- Eyes (Matthew 6:22-23; Psalm 121:1-2)
- Ears (II Timothy 4:3; Mark 4:24)
- Tongue (Proverbs 21:23; Ephesians 4:29)
- Hands (Mark 9:43; Proverbs 31:20)
- Feet (Psalm 119:101; II Samuel 22:34)
- Heart (Psalm 73:26; Psalm 28:7)
- Mind (Ephesians 4:23; Isaiah 26:3; Luke 4:8)

Seven Spiritual Health Habits

- The Daily Check-In
- Take a Breathing Space.
- Move More Slowly.
- Get Enough Rest.
- Practice Gratitude.
- Live One Day at a Time.
- Be Kind.

Things to Think About (Discussion Questions):

- What behaviors have you exhibited when you did not recognize triggers? (physical, emotional, spiritual)
- What can happen to your spiritual health if you do not recognize triggers and address them?
- When you catch yourself in these behaviors what can you do to be more like Jesus?
- What are some things we do to fill our minds or time with that can steal away the peace of God or be a hindrance to our spiritual health?
- Think about the seven spiritual health habits. What are some scriptural examples of utilizing these health habits?

Week 3: Recognizing Emotional Patterns and Triggers
Healthy Boundaries And Personal Responsibility

Speaker: Patricia Driggers

NOTES:

PATHWAY TO

EMOTIONAL & SPIRITUAL HEALTH

"Understanding Your Inner Life"

PATHWAYS

DISCIPLESHIP SERIES

Choose your path. Grow in your faith.

PATHWAY TO

EMOTIONAL & SPIRITUAL HEALTH

"Understanding Your Inner Life"

PATHWAYS

DISCIPLESHIP SERIES

Choose your path. Grow in your faith.

Recognizing Emotional Patterns and Triggers

Review of Triggers: H.A.L.T Method

Don’t let yourself become too:

- H-Hungry
- A-Angry
- L-Lonely
- T-Tired

Used for recovery programs.

NEW START (8 Laws of Health)

- N-Nutrition (healthy, balanced, proper)
- E-Exercise (regular physical activity for cardiovascular health and strength)
- W-Water (hydration and hydrotherapy)

NEW START (8 Laws of Health)

- S-Sunshine (vitamin D and elevates mood)

- T-Temperance (practice moderation; avoid harmful substances)

- A-Air (fresh air to support oxygenation)

- R-Rest (adequate sleep and downtime for recovery and rejuvenation)

- T-Trust God (maintain positive mental attitude and spiritual trust)

(WhiteRockLakeSDA.org)

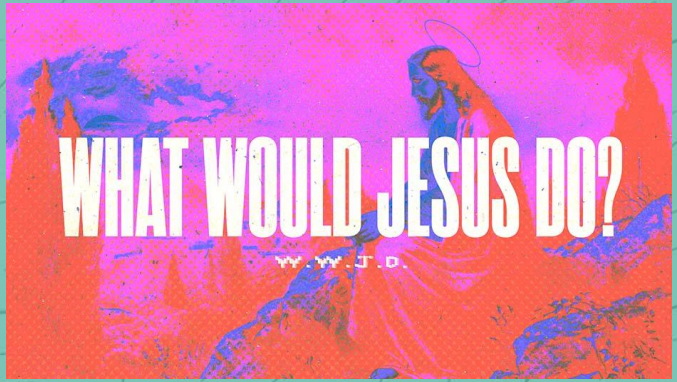
NEW START

- The preservation of health is easier than curing diseases.
- Honors God and the body He created

What behaviors have you exhibited when you did not recognize triggers? (physical, emotional, spiritual)

What can happen to your spiritual health if you do not recognize triggers and address them?

When you catch yourself in these behaviors what can you do to be more like Jesus?



Healthy Boundaries and Personal Responsibility

Oh, be careful little eyes what you see...

- Ears – hear
- Tongue – say
- Hands – do
- Feet – go
- Heart – trust
- Mind – think

The lamp of the body is the eye. If therefore your eye is good, your whole body will be full of light. But if your eye is bad, your whole body will be full of darkness. If therefore the light that is in you is darkness, how great is that darkness!

Matthew 6:22-23

I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the LORD, which made heaven and earth.

Psalm 121:1-2

For the time will come when they will not endure sound doctrine; but after their own lusts shall they heap to themselves teachers, having itching ears.

II Timothy 4:3

Take heed what ye hear.

Mark 4:24

Whoso keepeth his mouth and his tongue keepeth his soul from troubles.

Proverbs 21:23

Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.

Ephesians 4:29

And if thy hand offend thee, cut it off: it is better for thee to enter into life maimed, than having two hands to go into hell, into the fire that never shall be quenched:

Mark 9:43

She stretcheth out her hand to the poor; yea, she reacheth forth her hands to the needy.

Proverbs 31:20

I have refrained my feet from every evil way, that I might keep thy word.

Psalm 119:101

He maketh my feet like hinds' feet: and setteth me upon my high places.

II Samuel 22:34

My flesh and my heart faileth: but God is the strength of my heart, and my portion for ever.

Psalm 73:26

The LORD is my strength and my shield; my heart trusted in him, and I am helped: therefore my heart greatly rejoiceth; and with my song will I praise him.

Psalm 28:7

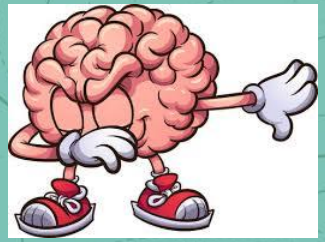
And be renewed in the spirit of your mind;

Ephesians 4:23

Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

Isaiah 26:3

And Jesus answered and said unto him, Get thee behind me, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve.

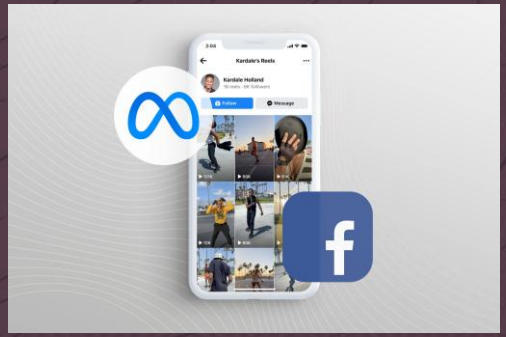


Luke 4:8

You are what you eat.

Garbage in, garbage out.

Ex: FB reels



What are some things we do to fill our minds or time with that can steal away the peace of God or be a hindrance to our spiritual health?

Seven Spiritual Health Habits and Questions to Ask Ourselves

SPIRITUAL HEALTH HABIT

#spiritualhealthishealth

#2

TAKE A BREATHING SPACE

When you feel restless, doubtful, overwhelmed or frustrated, remember to PAUSE and BREATHE.

CASC / ACSS
Canadian Association for Spiritual Care / Association canadienne de soins spirituels

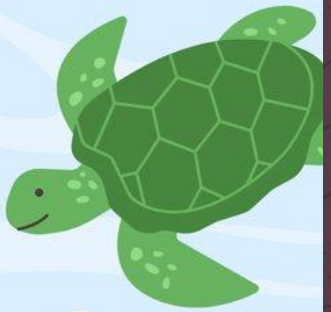
SPIRITUAL HEALTH HABIT

#3

MOVE MORE SLOWLY

Rushing often leads to mistakes!
Remember to enjoy the moment.

#spiritualhealthishealth



CASC / ACSS
Canadian Association for Spiritual Care / Association canadienne de soins spirituels

SPIRITUAL HEALTH HABIT

#spiritualhealthishealth

#4

GET ENOUGH REST

Ask yourself:

- "am I getting enough sleep?
- "am I doing too much?"
- "What can I let go of?"

CASC / ACSS
Canadian Association for Spiritual Care / Association canadienne de soins spirituels

SPIRITUAL HEALTH HABIT

#spiritualhealthishealth

#5

PRACTICE GRATITUDE

What are three things you are grateful for today?

CASC / ACSS
Canadian Association for Spiritual Care / Association canadienne de soins spirituels

SPIRITUAL HEALTH HABIT

#spiritualhealthishealth

#6

LIVE ONE DAY AT A TIME

Staying in TODAY can make the big things feel smaller and more manageable.

CASC / ACSS
Canadian Association for Spiritual Care / Association canadienne de soins spirituels

SPIRITUAL HEALTH HABIT

#spiritualhealthishealth

#7

BE KIND

with your words, thoughts, and actions

CASC / ACSS

Canadian Association for Spiritual Care / Association canadienne de soins spirituels

Next Week: Paying Attention to the Inner Life without Self-Absorption and Growing Emotional Maturity alongside Spiritual Maturity