

TALK IT OVER

A Faith That Leads to Emotional Health

A Faith That Works When Life Doesn't – Part 9

Rick Warren

May 9-10, 2020

Open in prayer, and remember that this is only a guide. Feel free to discuss each of the provided questions in the message notes, or simply dive deeper into just one. Before you close with prayer, take a few minutes to look over the Three Essential Questions towards the end of the document.

Message Notes

10 Commandments For Emotional Health During COVID-19

(Find this portion of the message at 00:00)

Review:

1. Show Grace to Myself and Others
2. Start and End Each Day Refueling My Soul
3. Set and Stick with a Routine
4. Stop Watching So Much News!
5. Schedule a Daily Connection with People I Love

(Find this portion of the message at 05:30)

6. Share Your Feelings Instead of Stuffing Them

Talk It Over

"Share each other's troubles and problems, and in this way obey the law of Christ." Galatians 6:2 (NLT)

Paul: *"We want you to know about the hardships we suffered in the province of Asia. We felt crushed and overwhelmed by great pressure. The burden was so heavy that we wondered if we were going to make it through it."* 2 Corinthians 1:8

"Confess your faults one to another, and pray one for another, so that you may be healed." James 5:16 (KJV)

Question #1

With the stay-at-home order during this pandemic, what are some creative ways to cultivate a safe environment for people who are hurting to share their feelings?

Question #2

Why do people hesitate to confess their true vulnerabilities to one another, which through prayer with them could lead to healing?

10 Commandments For Emotional Health During COVID-19 Continued

(Find this portion of the message at 11:13)

7. Seek Advice Before Making Major Decisions

Talk It Over

"Our plans often fail because we don't seek advice, but listening to good counsel will bring success."
Proverbs 15:22

"There is safety in seeking multiple counsel." Proverbs 11:14

Question #3

How can we encourage people to seek advice before making major decisions?

Question #4

What qualities should you look for in someone you might ask for advice and how well should they know you?

10 Commandments For Emotional Health During COVID-19 Continued

(Find this portion of the message at 13:13)

8. Space Renewal Breaks Throughout My Day

Talk It Over

"Even young people become exhausted and give up too soon. But those who wait on the Lord will renew their strength. They will soar like eagles. They'll keep running and not grow weary. They'll walk and not grow weak." Isaiah 40:30-31

"The Lord will guide you continually watering your life when you are dry and keeping you healthy, too. You will be like a well-watered garden, like an ever-flowing spring." Isaiah 58:11

Question #5

What experiences or routines have helped you renew yourself physically, emotionally, and spiritually throughout the day?

Question #6

What does it mean to wait on the Lord to renew one's strength, and how can we use scripture breaks to refresh our souls throughout the day?

10 Commandments For Emotional Health During COVID-19 Continued

(Find this portion of the message at 17:52)

9. Serve Someone Suffering More Than Me

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Talk It Over

"The religion that God our Father accepts as pure and faultless is this: to care for orphans and widows who need help in their distress and to keep yourself uncorrupted by the world." James 1:27

"The generous prosper and are satisfied; those who refresh others will themselves be refreshed."
Proverbs 11:25 (NLT)

Question #7

What is the connection between James 1:27 and Proverbs 11:25 (above) and the following statement by Jesus?

"And if anyone gives a cup of cold water to one of these little ones because he is my disciple, I tell you the truth, he will certainly not lose his reward." Matthew 10:42 (NIV)

Question #8

What are reasons we are often unaware of the needs of those around us? In obedience to God, what concrete step can you and your small group take to serve vulnerable people in your community?

10 Commandments For Emotional Health During COVID-19 Continued

(Find this portion of the message at 20:31)

10. Control What's Controllable and Trust God For the Rest

Talk It Over

(From Abraham's example) *"We see that his faith and his actions worked together. His faith was made complete by what he did."* James 2:22

Question #9

How do we try to control the uncontrollable?

Three Essential Questions

The following questions are intended to be open-ended and encourage members to consider how they felt and what they, or the group, can do as a result of hearing the message!

1. **What did you hear?** *What point in this message was most impactful for you?*
2. **What do you think?** *How did this message challenge, change, or affirm your thinking?*
3. **What will you do?** *How will you or your group put into practice what you've learned today?*

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Action Steps

1. We recommit our lives to Jesus.

Text NEWSTART (1 word) to 99000 or email newstart@saddleback.com

2. We express our gratitude to God through giving back.

Your generosity online is feeding tens of thousands of people out of work and is serving the needs of others too. <https://saddleback.com/give>

3. We meet online in small groups for support.

Text SMALLGROUP to 99000 or email smallgroup@saddleback.com

4. To volunteer as a CARE Caller or Writer.

TEXT CARE to 99000 or care@saddleback.com

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