

Dying to Self

IT DOESN'T MAKE

SENSE

**A 10:10 LIFE SERIES ON MENTAL
& EMOTIONAL HEALTH**

Matthew 15:10-18 (ESV)

10 And he called the people to him and said to them, “Hear and understand: 11 it is not what goes into the mouth that defiles a person, but what comes out of the mouth; this defiles a person.” 12 Then the disciples came and said to him, “Do you know that the Pharisees were offended when they heard this saying?” 13 He answered, “Every plant that my heavenly Father has not planted will be rooted up. 14 Let them alone; they are blind guides. And if the blind lead the blind, both will fall into a pit.”

Matthew 15:10-18 (ESV)

15 But Peter said to him, “Explain the parable to us.” 16 And he said, “Are you also still without understanding? 17 Do you not see that whatever goes into the mouth passes into the stomach and is expelled? 18 But what comes out of the mouth proceeds from the heart, and this defiles a person.” (Matthew 15:10-18 ESV)

Matthew (ESV)

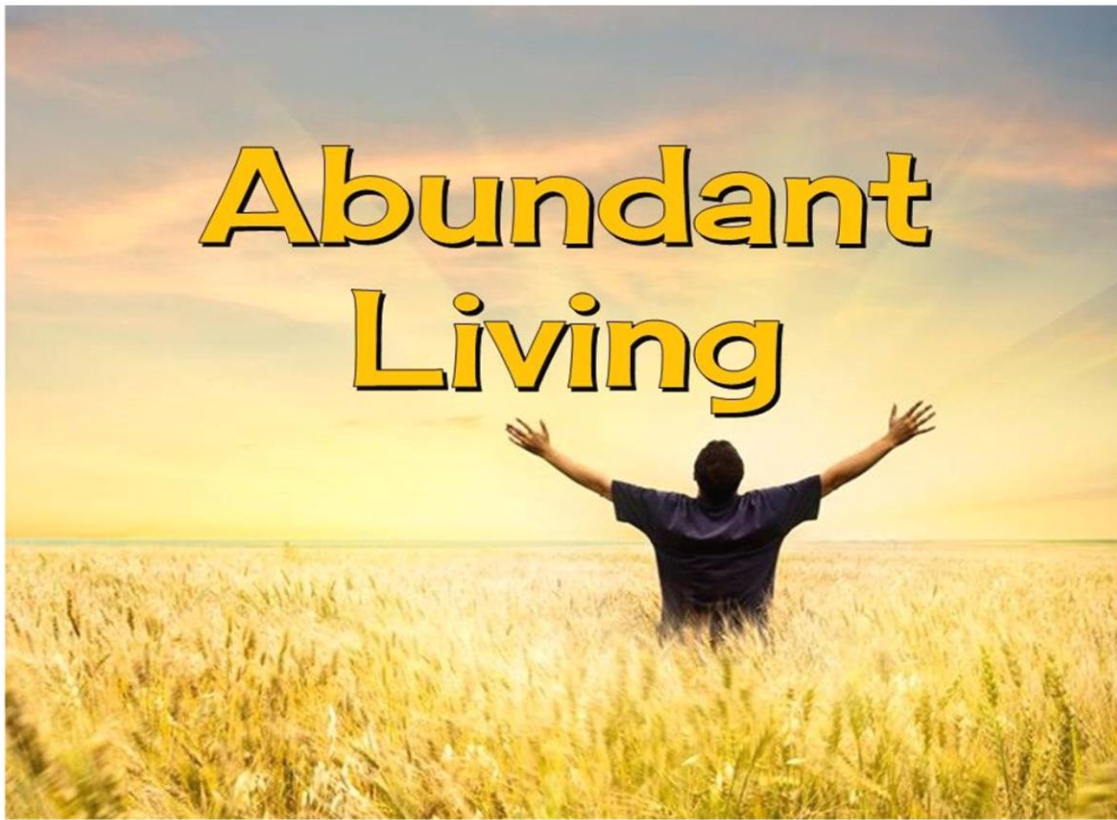
Then Jesus told his disciples, “If anyone would come after me, let him deny himself and take up his cross and follow me.” (Matthew 16:24 ESV)

28 “Come to me, all who labor and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For my yoke is easy, and my burden is light.” (Matthew 11:28-30 ESV)

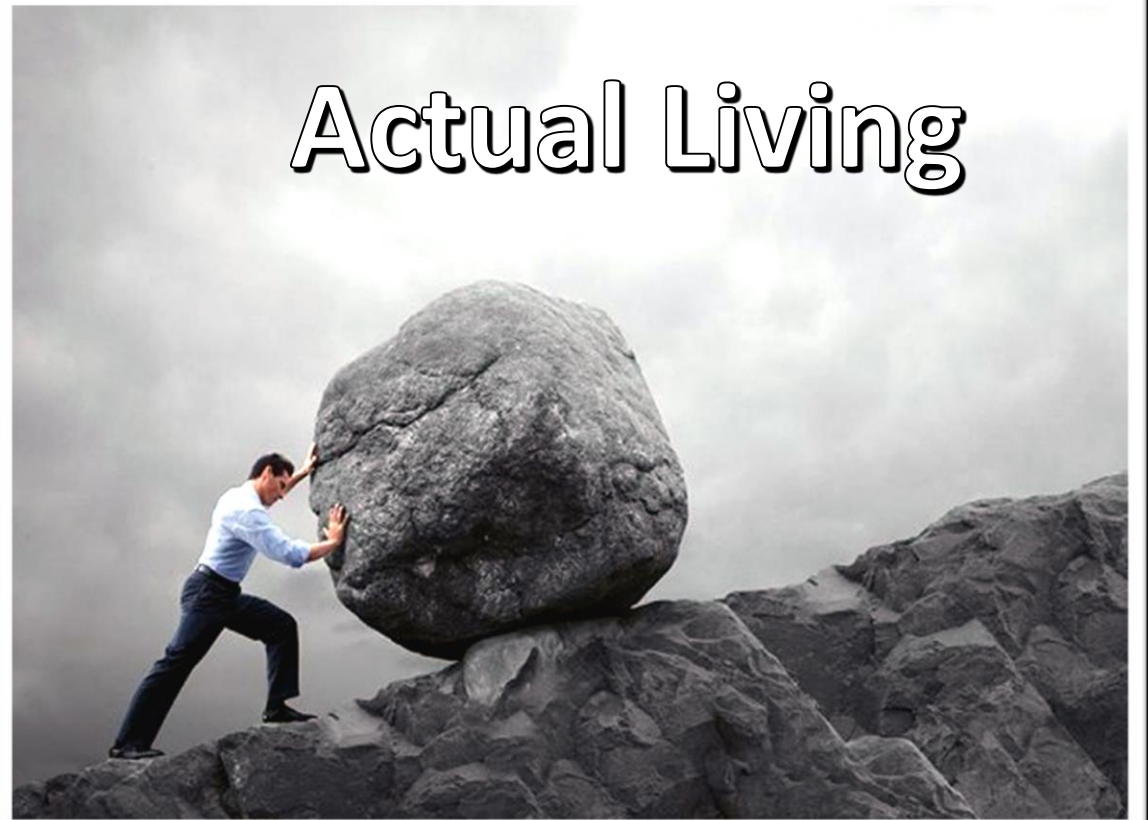
The Point

The battle of the mind is real, but so is the victory of Jesus.

Abundant Living



Actual Living



Abundant Living

- Outworking of God in my life
- Healthy living – Physically, emotional & spiritually
- Fruit of the Spirit

The Fruit of the Spirit

LOVE

Seeks the highest good of others.

JOY

Gladness that is not based on circumstances.

PEACE

Contentment, unity between people.

PATIENCE

Slow to speak and slow to anger.

KINDNESS

Merciful, sweet, and tender.

GOODNESS

Generous and open hearted.

FAITHFULNESS

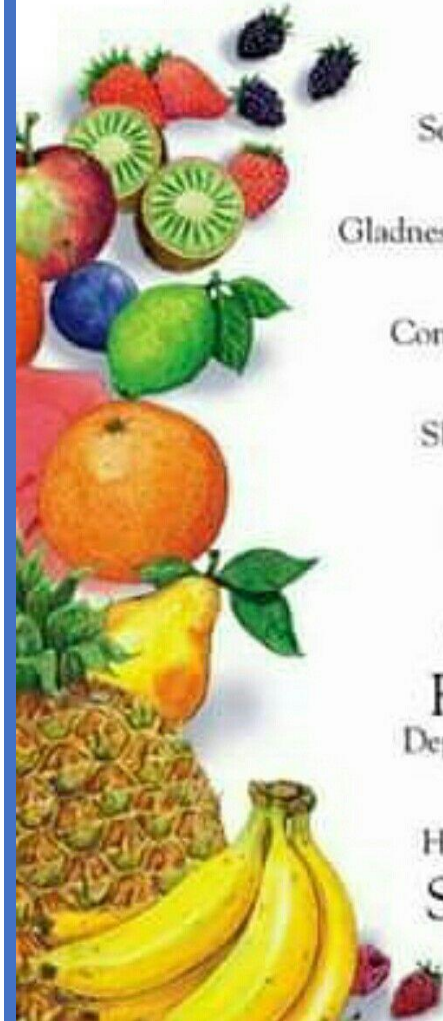
Dependable, loyal, and full of trust.

GENTLENESS

Humble, calm, non-threatening.

SELF-CONTROL

Behaving well.



Actual
Living

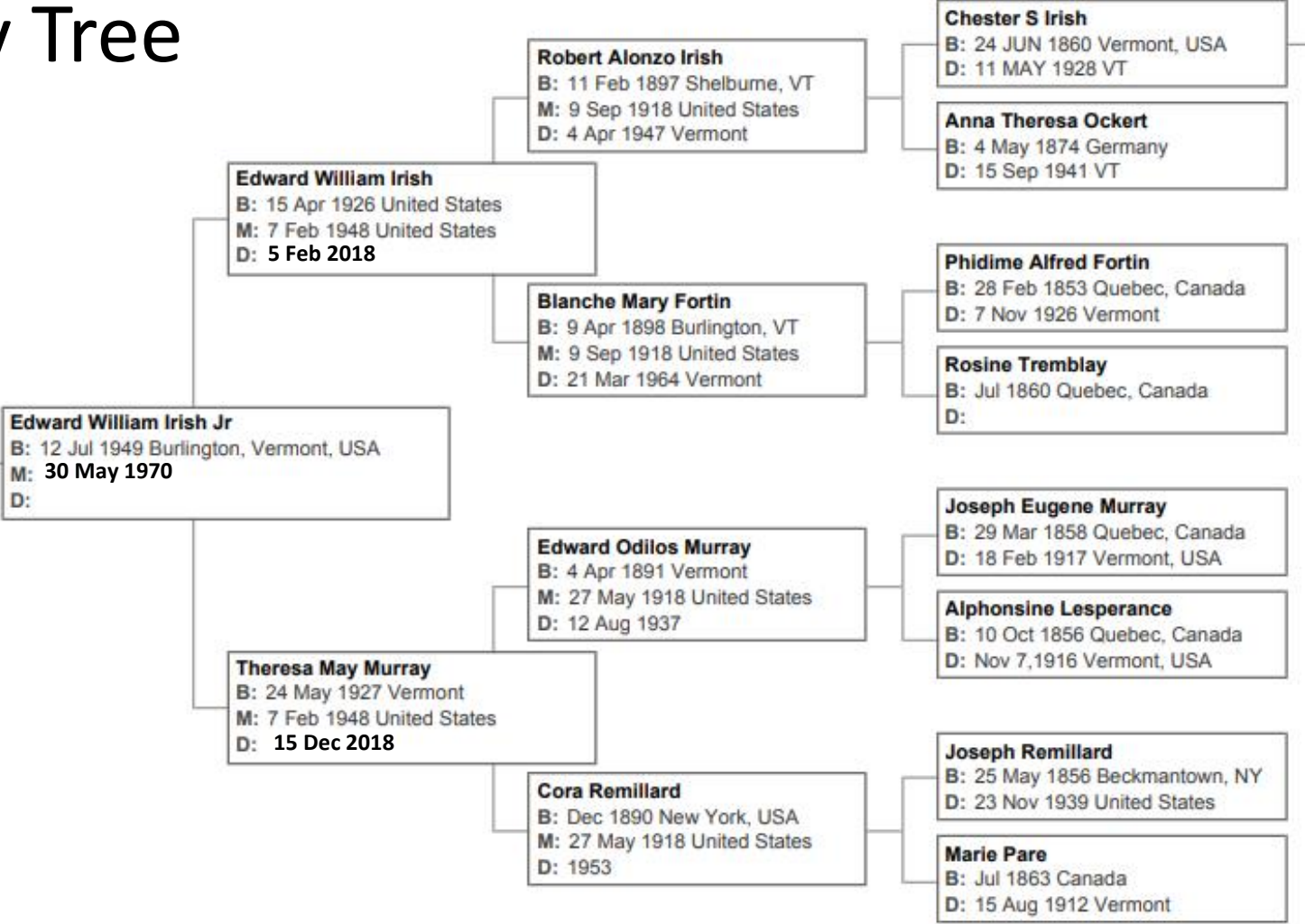
PAIN / EMOTION CHART



Actual Living

- Thinking Problem – Need a deeper & healthier relationship with God
- Holy Spirit uses Scripture & our loved ones to make us aware of the internal burdens we carry
- We need to listen
- Burdens are the result of our fallen nature, not God
- Genogram – Maps pain & people that made a mark on our life

Irish Family Tree





Dealing with Emotional Pain

Dealing with Emotional Pain

- Negative approach
 - Suffering & loss just around the corner – Build walls
 - Get mad
 - Be Tough
 - Leads to fear & desire for control
 - Shadow-self/Masks
 - Blame game & excuses – “Trapped in adolescence”

Dealing with Emotional Pain

- Faith approach
 - Pick up cross & follow Jesus
 - Know what pain we are surrendering
- Jesus' burden is light
- God's love has the power to transform
- He will use our pain for our good

Dealing with Emotional Pain

- Next steps
 - Willingness to work to deal with pain
 - Seek trusted feedback
 - Tame feelings by naming them – Go deeper than superficial
 - Identify the negative approaches to pain
 - Genogram
- Spurgeon story

Discussion Questions

- How does your actual life compare to the abundant life?
- What fruit of the spirit do you see evidence of in your life?
- What do you do to live healthier mentally and emotionally?
- What negative approaches to dealing with pain have you seen in your life and how you've overcome them?

Healthy is Hard Work

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