

Running on Empty: Emotions

November 11 & 12, 2017

Life Steps & notes available online & the Pathway Church App

1. Basic Emotional Health Boundaries: Disciplined _____,

_____ and _____.

2. The Bigger my problem, the more time I need _____

_____. **Psalm 27:4-6 | Deuteronomy 4:24**

3. Peace: _____ or _____ Heart. **Proverbs 14:30**

4. Emotional stress tools God has already given me:

a. I have _____. **John 14:27**

b. I have _____. **Matthew 11:28-29**

c. I have _____, _____ and _____

_____. **2 Timothy 1:7**

d. I have _____ **Hebrews 6:19 | Zechariah 9:12**
2 Corinthians 4:8 | Acts 16:22-30

5. Simple Emotional Boundaries

6. Simple Relational Boundaries

7. I will _____ to my Peace. **Exodus 14:14 | Job 13:5**
Isaiah 26:3 | Philippians 4:4-7 | John 16:33