

**Nourishing Healthy Emotions**

***Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. (Philippians 4:8 ESV)***

**Introduction.**

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**I. STARVE: Unhealthy perspectives that produce unhealthy emotions.**

**“I am my emotions”**

**“I feel, therefore, I must act—NOW!”**

**“I shouldn’t be feeling this way!”**

**“All or nothing!”**

**II. NOURISH: Healthy activities that lead to healthy emotions.**

**A. Read your Bible!**

**B. Go outdoors!**

**C. Complain properly!**

Turn to God.

 Bring your complaint to him.

 Ask boldly.

 Choose to trust.

**Conclusion.**