

## A FAITH THAT LEADS TO EMOTIONAL HEALTH PT 1

*Bible Principles for Living Through a Pandemic  
A Faith That Works When Life Doesn't – Part 8 (Rick Warren)*

*"Don't burn out! **KEEP YOURSELVES FUELED** and aflame... Don't quit in hard times; instead pray all the harder." Romans 12:11-12 (MSG)*

### 10 COMMANDMENTS FOR EMOTIONAL HEALTH DURING COVID-19

#### 1. SHOW \_\_\_\_\_

*"God loves to give us more grace. He opposes the prideful but he gives grace to the humble." James 4:6*

#### 2. START \_\_\_\_\_

*"...Humbly **accept God's Word** planted in your heart. It is able to **save your souls**." James 1:21*

*"**Every morning** thank God for his love and **every evening** thank him for his faithfulness." Psalm 92:2*

#### 3. SET \_\_\_\_\_

*"Carefully consider how you live. Live wisely, not foolishly. Make the most of your time because these are difficult, evil days." Ephesians 5:15-16*

#### 4. STOP \_\_\_\_\_

*Jesus: "Your eye is the lamp of your body. If your vision is good, your whole being will be full of light. But **if you're focused on the bad**, your life will be full of darkness!" Matthew 6:22-23*

*"Keep me from paying attention to what is worthless." Psalm 119:37 (TEV)*

#### 5. SCHEDULE \_\_\_\_\_

*"Speak encouraging words to each another. Build up hope so you'll all be together in this, with no one left out, and no one left behind. I know you're already doing this; just keep on doing it!" 1 Thessalonians 5:11 (MSG)*