

One Church June 12th
**A FAITH THAT LEADS TO EMOTIONAL
HEALTH PT 2**

*Bible Principles for Living Through a Pandemic
A Faith That Works When Life Doesn't – Part 9
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**

6. SHARE _____

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

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

7. SEEK _____

"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

8. SPACE _____

"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

9. SERVE _____

"The religion that God our Father accepts as pure and faultless is this: to care for orphans or 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)

10. CONTROL _____

(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

Thank you Saddleback Church for the use of this information.