



Ladies of Grace
Bible Studies for Women

A Woman & Her Walk With God Series

Encouraging Women to Walk With God on the Brighter Side of Life

A Woman & Her Emotional Health

Today we are going to look at a very pertinent subject to women ~ A Woman & Her Emotional Health. Women are emotional creatures by nature, and because of that, sometimes we struggle with staying healthy emotionally.

What does it mean to be emotionally healthy? In the economy of God, it means to be stable emotionally. How do we know if we are women that are stable emotionally? We can know this by taking a honest look at how we react emotionally in our everyday walk with God.

We will begin by taking a simple test to see just where we are at emotionally. Circle the words that best categorize your emotions:

Emotionally Stable		Emotionally Unstable	
Content	Productive	Discontent	Unproductive
Satisfied	Sensible	Unsatisfied	Irrational
Peaceful	Loving	Contentious	Hateful
Joyful	Calm	Complaining	Irritable
Confident	Forgiving	Fearful	Unforgiving
Positive	Diligent	Negative	Busybody
Stable	Thankful	Unstable	Ungrateful
Giving	Prudent	Selfish	Gossip

What did you discover? Did you discover that you have more emotionally *stable* qualities, or more emotionally *unstable* qualities? Chances are, if you are like most women, you circled most the unstable qualities. Why do I say this? Because most women have developed the habit of allowing their emotions to be controlled by their negative circumstances, rather than their godly perspective which should be gained through their walk with the God.

I want to begin this study by sharing a secret with you: the key to becoming emotionally healthy is found in your becoming strong spiritually. **Emotional stability is a NATURAL by-product of being strong spiritually.** Why is that? Because your emotions are generated from the feelings that overflow from your heart, and if your heart is not governed by scriptural principles, it becomes a cesspool for negative thoughts and feelings.

Turn with me to Proverbs 4:23, and I want to show you a very interesting truth. The Bible says in this verse, “*Keep thy heart with all diligence, for out of it are the issues of life.*” The word heart in this verse means: feelings, the will, even the intellect; center of emotions. God is telling us in this verse that if we don’t “keep” (which means to guard, protect, maintain) our hearts with all diligence, then the issues of our lives will overwhelm us.

*The Ladies of Grace Bible Studies for Women are written by Mrs. Julie Fink as a ministry of the Grace Baptist Church, 501 N. State St., Lockport, IL 60444, David M. Fink, Pastor.
If you are interested in contacting Julie, you may write her at the church, or e-mail her at: ladiesofgrace@cleaninter.net*

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Let's talk about some of the "issues" of our lives that tend to overwhelm us:

- ◆ **Sin.** Our sins, and the sins of others.
- ◆ **Sorrow.** Sad things that happen to us and around us.
- ◆ **Struggles.** Those trials and tribulations that occur in our lives to stress us out.
- ◆ **Separated Heart.** Being half in and half out of things.

If we are not careful to guard our hearts against allowing these kinds of things to take over, we begin to develop a weak "heart condition" and we become emotionally unstable.

What can we do to strengthen our hearts? First of all, the Bible teaches us in Ephesians 6:10-14 that we are to protect it by "putting on the breastplate of righteousness." What does it mean to "put on the breastplate of righteousness?" **It means to protect your heart with righteous or biblical thinking.** How do you get this righteous or biblical thinking? *By strengthening yourself spiritually.*

Here are some simple ideas for helping you to "keep your heart with all diligence" on a daily basis:

1. **Make time for God and His Word each day.** Every woman should schedule a daily 'date time' with God each day. A time when you allow Him to talk to you through His Word, when you talk to Him in prayer (confessing your sins and asking for things you or others need), and when you can rejoice together over the blessings in your life. It is best to schedule this sometime in the morning, either before the kids wake-up, or after they go to school. Pick a favorite spot to meet with God each day and protect this time that you have together. I know that I personally have 'breakfast with God' each day. It is my personal date time with Him, and if for some reason I miss it, my heart isn't protected like it should be that day.
2. **Make time for yourself each day.** Many times the issues of our lives will overwhelm us emotionally if we don't take time each day to refresh ourselves emotionally. What should you do with yourself each day? Whatever it is that calms and refreshes you. For some, it might be having a cup of tea and reading out of a book. For some it might be working on a hobby or writing in a journal. And for others, it might be something like taking a walk or listening to meditative music while taking a nice hot bath.
3. **Make time for enjoying beauty in your life.** Women love beautiful things, and I believe it stems back to the fact that we were created in a garden. Think about it, men were made from the dust of the earth, but we were made from the rib of man in the midst of the Garden of Eden. Women need the interaction with beauty to calm their hearts. What are some ways that you can enjoy beauty in your everyday lives? Decorate your homes with flowers, lovely pictures, creative calligraphy, pretty candles, colorful fabrics, and fill your home with the sound of beautiful music. Another simple way to enjoy beauty in your everyday lives is to go outdoors each day and listen to the beautiful sounds of nature and admire the beautiful colors of God's creation.
4. **Make time for enjoying Christian friends in your life.** Women are social creatures, God made us that way from the beginning. Now, I know that some of us are introverts and some of us are extroverts, but we all have a need for some amount of good Christian friendship and fellowship in order to stay emotionally healthy. There is something about being with other ladies and talking about the "issues of our lives" that helps us to be encouraged and gain a more proper perspective of things. The Bible says in Proverbs 17:17, "*A friend loveth at all times, and a brother is born for adversity.*" Time spent with good Christian friends, sharing your burdens with each other (not griping, gossiping or complaining) and learning from each other, can be very refreshing, especially during times of great emotional stress. By the way, some of the best friends that I have enjoyed over the years have been women that I have met through the books they have written or the tapes they have made. Don't be discouraged if there are times in your life when you don't have any good Christian friends around, just reach out and make a friend out of someone that you admire through books and tapes, even if you don't know them personally very well.

Becoming emotionally healthy is all about becoming emotionally stable. And emotional stability is a natural by-product of becoming strong spiritually. For the next few weeks, we are going to be talking more about how to specifically deal with the "issues of life" so that we can learn what to do with them so that they don't emotionally overwhelm us.

The Secret

I met God in the morning,
When my day was at its best,
And His presence came like sunrise,
Like a glory in my breast.

All day long the presence lingered;
All day long He stayed with me;
And we sailed in perfect calmness
O'er a very troubled sea.

Other ships were blown and battered,
Other ships were sore distressed,
But the winds that seemed to drive them
Brought to us a peace and rest.

Then I thought of other mornings,
With a keen remorse of mind,
When I too had loosed the moorings
With the presence left behind.

So I think I know the secret
Learned from many a troubled way:
You must seek Him in the morning
If you want Him through the day.

~Ralph S. Cushman