

RED FLAGS Week 2: Red Flags in our Heart

1 Thessalonians 5:23-24

Intro: Mental Health + Emotional Health = Spiritual Health! IT'S ALL CONNECTED. The truth is: GOD WANTS YOU WHOLE

So here are THREE RED FLAGS that we deal with in our emotional life:

RED FLAG #1: We're Running on Empty (Emotional Deficits)

Deficits happen when we GIVE OUT more than we TAKE IN. When we SPEND more than we DEPOSIT. When we EXPEND EMOTIONAL ENERGY but never take time to RECHARGE.

When we allow the world to beat us down we become DISHEARTENED... one of the biggest deficits we face is DISCOURAGEMENT.

Here's four causes of disheartenment:

1. Fatigue
2. Fear
3. Frustration
4. Failure

We must become self-aware and RECOGNIZE WHEN THESE RED FLAGS OF DISHEARTENEMENT POP UP.

RED FLAG #2: We repeat the biggest lie ever told: "I'm Fine" (Emotional Suppression)

When we fail to be honest with ourselves and others we shut the door on how God wants to bring healing to our lives. - Psalm 139:23-24, Psalm 32:3-5

David's freedom came when he was HONEST ABOUT HIS FAULTS and he ALLOWED GOD TO DEAL WITH THEM

We must recognize the RED FLAG of EMOTIONAL SUPPRESSION and TAKE ACTION by BEING HONEST WITH GOD AND YOURSELF

RED FLAG #3: We fail to guard our hearts (Emotional Neglect) - Proverbs 4:20-23

We must 'guard our heart' against the red flag of emotional neglect. The 'heart' is the seat of our inner being the place where the 'issues of life flow' out of. Guarding works two ways: KEEPING THE WRONG THINGS OUT (Guarding Against) and KEEPING THE RIGHT THINGS IN (Watching Over)

SOUL CARE is a lost spiritual discipline that needs to become a part of our spiritual formation.

We must recognize the RED FLAG of EMOTIONAL NEGLECT and TAKE ACTION by TAKING TIME TO BE WITH GOD