



EMOTIONAL AND MENTAL WELLNESS SEMINAR



May 14 2022



Hey, Huikala Family!

Life is hard and sometimes it gets difficult to process things as they come at you. Especially for us guys, it's tough to talk about our feelings and, for most of us, it's hard to find someone to talk to and share what's going on in life. So, eventually, we just shove our feelings down deep inside and keep charging ahead, never taking time to think, feel or understand. This can be a recipe for disaster.

I'm thankful for Dr. Gary Major and his wife, Tina, for being willing to meet with us today and give us some tools in our toolbox to help us deal with how we feel. Gary and Tina are solid Christians who serve Jesus through Building Bridges Ministries, but also serve at Lancaster Baptist Church in Lancaster, California.

I've been praying for you that God would shed some light on some things today that would be helpful for you physically, emotionally and spiritually. Change is many times uncomfortable and even scary, but I'm willing to walk this path with you. As your pastor, consider me officially on your team!

If I can ever help or be of service in any way, please let me know! With God's help, we can do this.

Your Friend,

Pastor



PS: While I know it can be awkward to setup an appointment with the pastor, I've tried to remove the awkwardness for you, by making it really easy to setup a time to talk. Scan this code, setup an appointment and let's chat. There's even a link to save my contact to your phone. Easy!

SCHEDULE

8:00 ^a	Registration
8:30 ^a	Whole-Person Wellness <i>Pastor Anthony King</i>
9:30 ^a	Maintaining Your Emotional Well-Being <i>Dr. Gary Major</i>
10:30 ^a	Anxiety <i>Dr. Gary Major</i>
11:30 ^a	Lunch Break
12:00 ^p	Anger <i>Dr. Gary Major</i>
1:00 ^p	Depression <i>Dr. Gary Major</i>
2:00 ^p	Dismissal



CONFERENCE SESSIONS

SESSION ONE: Whole-Person Wellness

Pastor Anthony King

Overall wellness takes into account our physical, spiritual, emotional and mental well-being.

We overlook the complexity of God's creation when we focus on one part of wellness and ignore the rest.

**Spiritual problems can create emotional problems.
Emotional problems can create physical problems.
Mental problems can create spiritual problems.**

Considerations in Whole-Person Wellness

Food	Exercise	Social Media
News	TV Shows	Music
Influences	Walk with God	Time in the Bible
Prayer	Besetting Sins	Vitamin Deficiencies
Hormonal Imbalances	Exposure to Sunlight	Time Management
Orderliness	Accountability	Friendships

To stay right before God, I must keep my head and heart right.

Keeping head and heart right requires that I stay focused.

"Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus." Philippians 4:6-7

Jesus is our target.

"My heart is fixed, O God, my heart is fixed: I will sing and give praise." Psalm 57:7

True lasting change takes place as the Holy Spirit is at work.

Any attempt at wellness that omits God, is not a complete solution.

SESSION TWO: Maintaining Your Emotional Well-Being

Dr. Gary Major

Social and Emotional Well-Being

Health and wellbeing is more than just the absence of an illness. It includes our physical health and safety, social and emotional health, spiritual wellness and subjective sense of wellbeing.

Social and emotional wellbeing is an important life aspect, and has an impact on physical health, quality of life, and personal achievements.

Mental and Emotional Well-being: What's In It For Me?

Mental and emotional well-being is essential to overall health. Positive mental health allows people to realize their full potential, cope with the stresses of life, work productively, and make meaningful contributions to their communities.

Early childhood experiences have lasting, measurable consequences later in life; therefore, **fostering emotional well-being from the earliest stages** of life helps build a foundation for overall health and well-being.

5 Characteristics of Emotional Healthy Person

They're self-aware

They have emotional agility

They have strong coping skills

They live with purpose

They manage their stress levels

Mental and Emotional Well-Being: If It's Not There

Anxiety, mood (e.g., depression) and impulse control disorders are associated with a higher probability of risk behaviors (e.g., tobacco, alcohol and other drug use, risky sexual behavior), intimate partner and family violence, many other chronic and acute conditions (e.g., obesity, diabetes, cardiovascular disease, HIV/STD's), and premature death.

8 Signs You Might Be Struggling With Emotional Well-Being

You feel drained all the time or have less energy than usual

You're either sleeping too much or too little

Your performance at work is beginning to suffer

Taking care of your hygiene and personal health feels like too much

You find that you're eating too much or too little

You're often anxious or irritated with loved ones

You have physical symptoms of stress, like high blood pressure or heart palpitations

Your confidence or self-esteem is affected

How To Achieve And Improve Emotional Well-Being

Cultivate a positive mindset

Scan and notice three new things in the world you are grateful for every day for 21 days in a row.

Start and maintain an exercise regime.

Meditate/pray for a few minutes every day.

Carry out random acts of kindness

Journal about a positive experience for two minutes every day.

Smile

Seek or accept help and support from others

Practice gratitude in your daily life

Start a gratitude journal and add to it every day.

Show humility and be open to new experiences and new points of view.

Spend quality time with those close to you,

Commit to one day per week where you don't complain about anything.

Emotionally Healthy = Resilience

The term resilience is *related* to social and emotional wellbeing but is not *exactly* the same.

Resilience is the capacity to deal constructively with change or challenges, allowing a person to maintain or re-establish their social and emotional wellbeing in the face of difficult events.

The Power of Perception: What do your “sunglasses” look like?

Sunglasses Analogy

Stand outside on a sunny day, without sunglasses, and take a good look around. Notice how everything looks—take it all in.

Now, put on a pair of nice **dark** shades and take the same look around. Don't things look different?

Your surroundings didn't change a bit, did they? So...what made the difference?

It was the way you looked at them!

Expectations, beliefs and assumptions (your 'shoulds') **act as your “life sunglasses.”**

They *alter* the way you look at life's realities! (including stress and what causes it)

Perception is Everything!

Did your circumstances change?

Certainly not!

What changed was: *the way you looked at them & what you thought about them!*

15 Effective Ways To Become More Mentally Strong

1. Focus on the moment
 2. Embrace adversity
 3. Exercise your mind
 4. Challenge yourself
 5. Respond positively
 6. Be mindful
 7. Don't be defeated by fear
 8. Be aware of self talk.
 9. Rid yourself of can't
 10. Stumble toward success
 11. Find solutions
 12. Be grateful
 13. Brace yourself for the storms
 14. Define your moments
 15. Make it an everyday pursuit
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Integrated Approach to Emotional Wellness

Worldly : Christian

Altruism: God calls us to live lives of love, generosity, and service.

Awe: Worship is the purest form of awe. Appreciating the beauty of God's creation is another way to live a life of awe.

Bridging differences: Loving others, celebrating the diversity of God's kingdom, and speaking the truth in love are all ways to bridge differences with others.

Compassion: "Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience." (Colossians 3:12)

Diversity: As mentioned above, God has promised to include every tribe and tongue in his kingdom (Revelation 7:9-17), and that starts here on earth.

Empathy: The first part of compassion is the ability to put yourself into someone else's shoes. The Bible is full of stories of caring for others.

Forgiveness: This is one of the core tenets of the Christian faith: the forgiveness God extends to us through Christ, and the forgiveness he calls us to extend to others.

Gratitude: We are called to live in thankfulness for all God has done for us (1 Thessalonians 3:18).

Happiness: Although surface-level happiness is not promised in this life, we know that we will be happy and blessed with God's love and care for us when we live to serve and know Him (Psalm 23).

Mindfulness: Mindfulness can be a controversial concept for Christians but quieting our minds to meditate on God's Word and His love for us can bring peace and healing (meditation is mentioned nineteen times in the book of Psalms).

Purpose: We can know that God has created us for a purpose and that he has a plan for our lives, even when we can't see it (Romans 8:28).

Social connection: One of the most prominent themes in the New Testament is Christians living in fellowship and community with one another.

Emotional Wellness — Prayer

Christian prayer is more effective than any other techniques because you are taking your eyes off your own situation and entering into the presence of our loving God.

Christian emotional wellness prayer offer much more than the peace or tranquility promised by other techniques because Christian prayer brings you closer to God's presence, person and power.

Emotional Wellness Prayer Scriptures

"O LORD, thou hast searched me, and known me. Thou knowest my downsitting and mine uprising, Thou understandest my thought afar off. Thou compasses my path and my lying down, And art acquainted with all my ways. For there is not a word in my tongue, But, lo, O LORD, thou knowest it altogether." Psalm 139:1-4

"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." 3 John 2

"A merry heart doeth good like a medicine: But a broken spirit drieth the bones." Proverbs 17:22

"The heart of the wise teacheth his mouth, And addeth learning to his lips. Pleasant words are as an honeycomb, Sweet to the soul, and health to the bones." Proverbs 16:23-24

"Be not wise in thine own eyes: Fear the LORD, and depart from evil. It shall be health to thy navel, And marrow to thy bones." Proverbs 3:7-8

"Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost." Romans 15:13

"Trust in the LORD with all thine heart; And lean not unto thine own understanding. In all thy ways acknowledge him, And he shall direct thy paths." Proverbs 3:5-6

SESSION THREE: Anxiety

Dr. Gary Major

“The presence of anxiety is unavoidable, but the prison of anxiety is OPTIONAL.”

Who is prone to it?

What is anxiety?

An emotion characterized by feelings of

- Apprehension
 - Tension
 - Worried Thoughts
 - Fear
 - Dread
 - Uneasiness
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Causes of anxiety

- Threat
 - Conflict
 - Fear
 - Unmet Needs
 - Physiology
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Two Kinds of Neurotransmitters

- **GABA (gamma-aminobutyric acid)** – the calming neurotransmitters.
 - **Cortisol** – A close partner to adrenaline.
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Does God speak about anxiety?

“In weariness and painfulness, in watchings often, in hunger and thirst, in fastings often, in cold and nakedness. Beside those things that are without, that which cometh upon me daily, the care of all the churches.” 2 Cor 11:27-28

“For I have no man likeminded, who will naturally care for your state.” Philippians 2:20

“Therefore I say unto you, **Take no thought** for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment? Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they? Which of you by **taking thought** can add one cubit unto his stature? And why **take ye thought** for raiment? Consider the lilies of the field, how they

grow; they toil not, neither do they spin: And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these. Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith? Therefore **take no thought**, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. **Take therefore no thought** for the morrow: for the morrow shall **take thought** for the things of itself. Sufficient unto the day is the evil thereof.”

Matthew 6:25-34

“Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.” Philippians 4:6

“Casting all your care upon him; for he careth for you.” 1 Peter 5:7

“He also that received seed among the thorns is he that heareth the word; and the care of this world, and the deceitfulness of riches, choke the word, and he becometh unfruitful.” Matthew 13:22

Preventing Anxiety

1. Trust in God
2. Learn to cope

Learn to Cope

- Admitting fears, insecurities, conflicts, and anxieties when they arise
 - Talking these over with someone else; a friend, prayer partner, spouse, or accountability partner on a regular basis
 - Building self-esteem and self-confidence, which involves belief in one’s abilities to meet the challenges and dangers of life
 - Acknowledging that separations hurt, attempting to maintain contact with separated friends, restoring broken friendships and building new relationships with others, all of which give us a support network
 - Being involved in work and other meaningful activities that give fulfillment, thereby expending nervous energy and distracting one from dwelling on anxiety-producing situations
 - Learning effective communication skills
 - Learning to relax AND DOING IT
 - Developing good time-management principles
 - Evaluating and periodically restructuring one’s priorities and life goals
 - Committing to competent leaders who are able to instill confidence and hope
 - Getting into the habit of seeking help from God and from others who can help in times of need.
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Preventing Anxiety

3. Keep things in perspective
4. Reach out to others

Dealing with Overstress

WHAT IS STRESS?

- Being stretched beyond your limits
- Overextending yourself without adequate time for recovery
- Believing you can do more than your human frame can take

Adrenal Exhaustion

Effects of Adrenal Flooding

1. The most serious, is an increase in the production of blood cholesterol. Your cholesterol level is not just tied to diet; it is also tied to stress and whenever your adrenaline is high, your liver produces more cholesterol.
 2. There is a narrowing of the blood vessels that control the blood supply to the heart muscle.
 3. There is a decrease in your body's ability to remove cholesterol.
The body needs the cholesterol, so it hangs on to it.
 4. There is an increase in your blood's tendency to clot. This occurs because this high level of adrenaline is designed for emergency when you are likely to cut or injure yourself and could bleed to death. YOU ARE CREATED IN A WAY that whenever your adrenaline is high, your blood's capacity to clot goes up. However, when your blood vessels in your heart have been narrowed by all that bad cholesterol, the high adrenaline arousal causing the blood to clot may be the final thing that causes you to have a heart attack.
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WE LEARN

- To live on less adrenaline
 - To live at a lower level of excitement
 - Add rest/recovery times into our lives
 - The skills necessary to bring emotions (anger, frustration, irritation, aggravation) under control
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Stress Busting

PREVENTION IS ALWAYS BETTER THAN CURE

- Set boundaries in your life.
- Resolve conflicts quickly.
- Take care of unpleasant tasks first and get them out of the way.
- Inoculate yourself against stress.
- Be firm about setting up your recovery times.
- Keep your adrenaline arousal to a minimum.
- Maintain open and healthy relationships.
- Give yourself a break by learning to say no.
- Postpone making major decisions during stress.
- Tap into your spiritual resources for stress busting.

“But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.”

Matthew 6:33

SESSION FOUR: Anger

Dr. Gary Major

Anger is one of the most basic human emotions and one of the most damaging as well.

It will make a person say or do things that he will regret for a lifetime.

Unresolved anger has severed thousands of marriages, destroyed countless parent-child relationships, and caused hundreds of church splits within the body of Christ.

It is the cause of most violent crime. It has resulted in the severe injury or death of individuals within families, among friends and loved ones, and among co-workers.

It leaves emotional scars in its wake and can reduce even spiritually mature adults to whimpering failures.

Most importantly, sinful anger offends a holy God.

Who is the most stressed, worried and angry?

Age	Stress	Worry	Anger
15-29	67%	50%	32%
30-49	65%	52%	25%
50+	44%	38%	16%

One in five Americans say they feel a type of anger everyday.

What is Anger?

Definition of Anger

1. **Webster:** "Excessive emotion or passion aroused by a sense of injury or wrong (*assumes anger is wrong or harmful*)
2. **Biblically Based Definition:** A God-given emotion to help one solve problems biblically (*assumes anger is righteous and helpful*)

Righteous Anger vs Unrighteous Anger

When is Anger Sinful Anger?

"A fool uttereth all his mind (gives full vent to his anger) but a wise man holdeth it in till afterwards."
Proverbs 29:11

Anger is an emotion characterized by antagonism toward someone or something you feel has deliberately done you wrong.

Anger can be a good thing. It can give you a way to express negative feelings for example or motivate you to find solutions to problems.

But excessive anger can cause problems. Increased blood pressure and other physical changes associated with anger make it difficult to think straight and harm your physical and mental health.

<i>Results of Blowing Up</i>	<i>Results of Clamming Up</i>
<ul style="list-style-type: none"> ➤ Hurts others ➤ Make enemies ➤ Loss of respect from others ➤ Cycle of Explosion → Guilt → Regret → Frustration ➤ Alienation from others ➤ Poor health effects ➤ Example: <p style="text-align: center;">Saul</p> <p style="text-align: center;">1 Samuel 20:30-33</p>	<ul style="list-style-type: none"> ➤ Hurts self ➤ Irritable ➤ Loss of friendships ➤ Self-centered ➤ Poor company ➤ Depression ➤ Poor health effects ➤ Example: <p style="text-align: center;">Cain</p> <p style="text-align: center;">Genesis 4:3</p>

Angry Person – Typical Symptoms

Counselees may come for counsel for the following reasons, all of which may be just symptoms of a deeper underlying problem of anger

Sleep loss	Marriage Problems
Unhappiness	Inability to get along with others
Lack of Motivation	

Typical symptoms of an angry person include

Always right	Abusive (verbal or physical)
Argumentative	Condescending
Critical	Defensive
Difficulty taking advice	Easily Provoked
Hateful	Quick-tempered
Quick-tongued	Sarcastic
Scheming (Malice)	Self-centered
Vengeful	Unnatural <u>silence</u>
Withdrawal	

When is Anger Sinful Anger?

When selfishly motivated (Ephesians 4:31)

- *Revenge, when you don't get your way.*
- *When we get angry because we didn't get our way, that's self-motivated anger and is probably the **most common form of sinful anger**.*
- *When someone does something to annoy you.*
- **When anger is allowed to linger and not immediately dealt with (Eph. 4:26-27)**
- *This is when we let anger fester within us and don't let it go.*
- **When it attacks the person not the problem (Eph. 4:15,29)**
- *Usually this is displayed in verbal assaults.*
- *"You're just a jerk..."*
- *"I hate you!" or "No one likes you."*

- “You’re such a baby! Just grow up.”
- “Did you hear about what happened to Mary?” (gossip)
- “You never do anything right.”

When it dominates the inner man (Romans 6:16)

People don’t make you angry!

The children of Israel didn’t make Moses hit the rock. He sinfully reacted to their continuous complaints.

Things don’t make you angry!

Moses couldn’t get angry at the rock for making him angry. TV breaks and you miss your favorite show.

Events or circumstances don’t make you angry!

A flat tire in the rain and Triple A doesn’t show up; When someone is late; When the line you’re in runs out of a food item right before it’s your turn

Satan doesn’t make you angry!

Satan didn’t force you into it at spear point! He can only dangle the carrot in front of your face. He can’t make us bite it!

YOU make you angry! (James 1:13-14)

ANGER = IDOLATRY

10 Biblical Truths of Anger

1. Anger Has Three Faces: It is expressed primarily in three different ways:

- 1) explosive and blowing up;
 - 2) stewing, brewing, or silent indignation;
 - 3) irritability, exasperation or embitterment.
- Silent anger is just as offensive to God as explosive anger.

How are you prone to express your anger?

2. Anger Hurts Relationships: You choose who is on the receiving end of your anger.

We tend to take it out on those we are called to love the most.

Who has been on the receiving end of your anger the most?

3. Anger is in the Bible: The Bible has a lot to say about anger.

Does your anger Accomplish God's purposes?

4. Anger Put Jesus on the Cross: Man rejecting God and God loving man in the very same event in history.

How often do you reject God in your anger?

5. Anger Is Covered by Christ's Blood: The blood of Christ is sufficient to cover your sinful anger.

Do you believe and live as if your anger is covered by the blood of Christ?

6. Anger is a Life-Dominating Sin: Just like any other "addiction," we become enslaved to anger.

Are you stuck in a vicious cycle of anger?

7. Anger is an Expression of False Worship: Like all other "addictions," anger has false worship at its core.

What's captured your heart more than God?

8. Anger is Often Just a Fruit: It usually has fear at the root and more specifically, it is the fear of man.

What are you really afraid of deep down in the innermost being of your heart?

9. Anger Can Be Righteous: Ephesians 4:26 says, "Be angry and sin not."

Is your anger expressed righteously or sinfully? How can you tell? Would others say the same?

10. Anger Must Be Surrendered: The only way out is to surrender your anger to God.

Are you ready to step down from the throne of your mini judgment seat and allow God to be God? Remember, "vengeance is mine," says the Lord (Romans 12:18-21).

Dealing with Anger

Psychologists / Therapist

Relaxation. Psychologists train patients in a technique called "progressive relaxation" until they're able to relax simply by thinking of a particular word or image.

Psychologists then ask patients to spend a minute or two thinking intensely about a situation that makes them excessively angry, such as other drivers going too slow. Psychologists then help patients relax.

Psychologists and patients practice this sequence over and over again. After about eight sessions, patients are typically able to relax on their own.

Cognitive therapy. Often the way people think when they're angry makes situations worse. When another driver cuts you off, for instance, you might think, "You idiot! Everyone's trying to make me late today!"

In cognitive therapy, psychologists help patients find alternative ways of thinking about and reacting to anger. Instead of thinking bad thoughts about the other driver, for example, you could think instead, "Whoa! That was an accident waiting to happen."

Skill development. Learning new behaviors can also help. Parents might need to find better ways of communicating with their children, for instance. Angry drivers might benefit from learning safe driving skills.

Dealing with Anger

Mayo Clinic

1. Think before you speak

In the heat of the moment, it's easy to say something you'll later regret. Take a few moments to collect your thoughts before saying anything — and allow others involved in the situation to do the same.

2. Once you're calm, express your anger

As soon as you're thinking clearly, express your frustration in an assertive but nonconfrontational way. State your concerns and needs clearly and directly, without hurting others or trying to control them.

3. Get some exercise

Physical activity can help reduce stress that can cause you to become angry. If you feel your anger escalating, go for a brisk walk or run, or spend some time doing other enjoyable physical activities.

4. Take a timeout

Timeouts aren't just for kids. Give yourself short breaks during times of the day that tend to be stressful. A few moments of quiet time might help you feel better prepared to handle what's ahead without getting irritated or angry.

5. Identify possible solutions

Instead of focusing on what made you mad, work on resolving the issue at hand. Does your child's messy room drive you crazy? Close the door. Is your partner late for dinner every night? Schedule meals later in the evening — or agree to eat on your own a few times a week. Remind yourself that anger won't fix anything and might only make it worse.

6. Stick with 'I' statements

To avoid criticizing or placing blame — which might only increase tension — use "I" statements to describe the problem. Be respectful and specific. For example, say, "I'm upset that you left the table without offering to help with the dishes" instead of "You never do any housework."

7. Don't hold a grudge

Forgiveness is a powerful tool. If you allow anger and other negative feelings to crowd out positive feelings, you might find yourself swallowed up by your own bitterness or sense of injustice. But if you can forgive someone who angered you, you might both learn from the situation and strengthen your relationship.

8. Use humor to release tension

Lightening up can help diffuse tension. Use humor to help you face what's making you angry and, possibly, any unrealistic expectations you have for how things should go. Avoid sarcasm, though — it can hurt feelings and make things worse.

9. Practice relaxation skills

When your temper flares, put relaxation skills to work. Practice deep-breathing exercises, imagine a relaxing scene, or repeat a calming word or phrase, such as "Take it easy." You might also listen to music, write in a journal or do a few yoga poses — whatever it takes to encourage relaxation.

10. Know when to seek help

Learning to control anger is a challenge for everyone at times. Seek help for anger issues if your anger seems out of control, causes you to do things you regret or hurts those around you.

Dealing with Anger

The Wrong Way

1. Venting our anger. Anger is released towards others **or** a situation with little control. Some hit walls or pillows or other people or go into a screaming tantrum. Proverbs warns against such an inappropriate response.

"A fool uttereth all his mind: But a wise man keepeth it in till afterwards." Proverbs 29:11

2. Anger is turned inward. Clamming up and internalizing anger may result in a person becoming bitter and resentful and perhaps depressed. Often people are so afraid of getting a response they don't want they would rather remain quiet than confront the situation.

3. Anger is directed at a substitute. A man may be angry at his employer but rather than direct his anger at the problem he goes home and expresses anger towards his wife and children. Scripture is clear, however, that we are to speak the proper word to the proper person.

"Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers." Ephesians 4:29

4. Denial. Anger is suppressed and the problem is not recognized. Scripture tells us not to deny our sin but to recognize it truthfully and deal with it righteously.

Dealing with Anger Biblical Therapy

Repent and Seek Grace

The Scriptures demonstrate with great clarity the sinful foolishness of temper tantrums and losing your cool. Therefore, you must repent when you sin through outbursts of anger. Confess your sin and foolishness to the Lord, asking him to forgive you through the death of the Lord Jesus Christ. Then you must walk in repentance, running from anger and fighting against it with all your Spirit-empowered might.

Using the vocabulary of sin and repentance is necessary when dealing with anger. When you treat your anger as a sin and not just a personality quirk, you begin to take responsibility to act seriously.

Read the Proverbs

When you think pet sins have been licked is when they come back at you full bore. This is why constant immersion in the Scriptures, and particularly the book of Proverbs is essential. Solomon spoke often to his son about the foolishness of losing his temper, so reading one chapter of Proverbs everyday will serve as a constant reminder of the folly of our anger and the wisdom of learning self-control.

Pray

Anything God calls Christians to do he will empower us to do through his Spirit. You don't need to only confess your anger, but to ask the Lord to empower you to exercise self-control and flee the sin of anger. He comes to our aid when we are tempted, so look to him for the help he gives.

Also, when you pray and the Lord delivers you, you know you cannot give credit to the strength of your own will. **Prayer** acknowledges you need God's help and when he comes to your aid you know to give him the glory for your deliverance.

Get Accountability

I hesitate to mention accountability because it can so often be misused or become a crutch. You must understand first of all that you are accountable to God for your attitudes, thoughts, words, and deeds. After understanding your accountability before God, it is good to seek out other Christians to help in the journey. They can ask pointed questions, correct you when necessary, and encourage you to continue on in the good fight.

The root of sinful anger grows in a heart that is self-centered and idolatrous. Because we live in a society that screams constantly about "rights," when our perceived rights are violated, we become angry.

"Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you." Ephesians 4:31-32

"Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath: For the wrath of man worketh not the righteousness of God." James 1:19-20

"A soft answer turneth away wrath: But grievous words stir up anger." Proverbs 15:1

"A wise man feareth, and departeth from evil: But the fool rageth, and is confident. He that is soon angry dealeth foolishly: And a man of wicked devices is hated. The simple inherit folly: But the prudent are crowned with knowledge." Proverbs 14:16-18

The Six A's of Addressing Anger

1. **Acknowledge** the feelings of anger (Psalm 139:23-24)
2. **Assess** if anger is biblically based (Psalm 7:11; Mark 3:5; John 2:13-16)
3. **Admit** anger as sin to God and confess it (Proverbs 28:13)
4. **Alter** your thinking (Romans 12:2) and practice returning good for evil (Romans 12:17-21)
5. **Act** in a God-honoring manner (Ephesians 4:31-32) Act in a kind manner to those who mistreat you
6. **Agree** to forgive and seek forgiveness (Matthew 5:23; Mark 6:14-15)

How To Handle Anger Biblically

Step 1: **Identify the circumstances** which provoke anger. (What happened that made me angry?)

Step 2: **Identify motives and thoughts** associated with anger. (What did I want, desire or long for when I became angry?)

Step 3: **Identify the biblical principles** which address the motives and thoughts behind the anger. (What does the bible say about my motives and thoughts?)

Step 4: Develop **alternative biblical thoughts and motives** to replace the unbiblical ones. (What should have been my motives and thoughts?)

Dealing with Anger The Right Way

Biblically

1. Face it honestly.

When we are angry, we must call it anger without disguise. Some people live years with continuous problems because they are unwilling to admit their anger.

2. Own the anger.

When anger is discovered, we must take responsibility for dealing with it.

3. Determine to resolve it God's way.

This involves thinking it through to determine whether or not it is righteous or unrighteous anger.

Honesty is a must. Remember that the important thing is not who is at fault but whether God is honored by the resolution of it.

In your anger do not sin; when you are on your beds, search your hearts and be silent. Selah (Psalm 4:4). Honest introspection is a good thing if it is for the purpose of pleasing God. We stand in grace. We need not fear finding out something is our fault. God's forgiveness is sure for those who confess their sin (1 John 1:9). The focus must be on resolving the anger God's way.

4. Determine to catch it at the kindling point.

Take note: Everyone should be quick to listen, slow to speak and slow to become angry (James 1:19).

Starting a quarrel is like breaching a dam; so drop the matter before a dispute breaks out (Prov. 17:14).

Catch it early and it is much easier to deal with. It's like debt. If we deal with our debt when there is a little of it, it is not so overwhelming. If we wait too long the burden is heavy, and we are tempted to run away from it. Keep short accounts of anger.

5. Be quick to forgive.

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you (Eph. 4:32).

Withholding forgiveness hurts everyone.

6. Love one another as Christ loves us.

Above all, love each other deeply, because love covers a multitude of sins (1 Peter 4:8).

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, not easily angered, it keeps no record of wrongs

Verses From Proverbs on Anger

Proverbs 10:12

Proverbs 14:17

Proverbs 15:18

Proverbs 16:25

Proverbs 17:14

Proverbs 18:21

Proverbs 22:24-25

Proverbs 29:22-23

Proverbs 10:19

Proverbs 14:29

Proverbs 15:28-33

Proverbs 16:27

Proverbs 17:27-28

Proverbs 19:11

Proverbs 29:1

Proverbs 14:12

Proverbs 15:1

Proverbs 16:17-20

Proverbs 16:32

Proverbs 18:6-7

Proverbs 19:21-23

Proverbs 29:20

SESSION FIVE: Depression

Dr. Gary Major

Does the Bible have the answers?

Do you know the word depression does not appear in Scripture?

Feelings of depression are most often a result of emotional stress.

Some emotional stressors that multiply feelings of depression:

- ☐ Anger
- ☐ Fear/Anxiety
- ☐ Stress
- ☐ Guilt and Shame (Real or False)
- ☐ Broken Relationships (Death, Divorce, Dysfunction, Distance, or Damage)

We cannot effectively deal with depression without evaluating our responses to the difficult circumstances and emotional stressors of our life.

The Bible provides much guidance on how to respond.

In order to reduce feelings of depression, we have to learn how to respond to emotional stressors.

Everyone has emotional stressors that hurt them and distract them from living a full life as God offers.

Depression often begins with disappointment, often rooted in a deep feeling of disappointment regarding something we had and lost, something we have longed for and never received.

Depression is a progression, which left unchecked can go deeper and deeper.

Four Stages on the Slope of Depression

Stage 1: Difficult Circumstances Lead to Disappointment and Discouragement

“I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.” **John 16:33**

- ❖ Does my anger reflect God’s heart or is it rooted in selfishness?
 - ❖ Is my fear more of a godly concern or distrust in God’s ability to bring about good?
 - ❖ In my stress, do I bring obedience to God or a self-imposed standard that I put on myself?
 - ❖ In my shame, do I run back to God as my only hope, or do I think I must feel bad to earn it?
-

Stage 2: Disappointment Can Lead to Discontentment

Not that I am speaking of being in need, for I have learned in whatever situation **I am to be content**. I know how to be brought low, and I know how to abound. **In any and every circumstance**, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me. **Philippians 4:11-13**

Stage 3: Discontentment Can Lead to Despair

We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed. **2 Corinthians 4:8-9**

You know my reproach, and my shame and my dishonor; my foes are all known to you. Reproaches have broken my heart, so that I am in despair. I looked for pity, but there was none, and for comforters, but I found none. **Psalms 69:19-20**

Stage 4: Despair Can Lead to Destruction

When despair has taken hold, destructive choices often result. You want to feel alive and in control again. You want comfort and escape. **These four common escapes become a temptation to those in despair:**

- ❖ **Escape in Relationships**
- ❖ **Escape into Substances**
- ❖ **Escape into Isolation**
- ❖ **Escape into Suicide**

Until the person looks upward to realize that the God who loves him is still with him and wants to help him, the person may seek foolish, destructive ways out of his low spiritual and emotional circumstance.

Conclusion

“My brethren, count it all joy when ye fall into divers temptations; Knowing this, that the trying of your faith worketh patience. But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.” James 1:2-4

Go-To Scriptures for Depression

Depression feels insurmountable

“How long shall I take counsel in my soul, Having sorrow in my heart daily? How long shall mine enemy be exalted over me?” Psalm 13:2

Psalms 88

“For I am poor and needy, And my heart is wounded within me.” Psalm 109:22

God is the answer

“Why art thou cast down, O my soul? and why art thou disquieted within me? Hope in God: for I shall yet praise him, Who is the health of my countenance, and my God.” Psalm 43:5

“God is our refuge and strength, A very present help in trouble.” Psalm 46:1

God provides hope and comfort

“I have set the LORD always before me: Because he is at my right hand, I shall not be moved.” Psalm 16:8



ADDITIONAL RESOURCES

HELPFUL CHRISTIAN BOOKS

Changed Into His Image by Jim Berg

Depression: Looking Up from the Stubborn Darkness
by Edward Welch

When the Darkness Will Not Lift
by John Piper

A Small Book About Why We Hide: How Jesus Rescues Us From Insecurity, Regret, Failure, And Shame by Edward Welch

A Small Book For The Anxious Heart: Meditations On Fear, Worry, And Trust
by Edward Welch

A Small Book About A Big Problem: Meditations On Anger, Patience, And Peace
by Edward Welch

When People Are Big And God Is Small: Overcoming Peer Pressure, Codependency, And The Fear Of Man by Edward Welch

Blame It On The Brain: Distinguishing Chemical Imbalances, Brain Disorders, And Disobedience by Edward Welch

Running Scared: Fear, Worry, And The God Of Rest by Edward Welch

Anger is a Choice by Tim LaHaye

Ten Questions to Diagnose Your Spiritual Health by Donald Whitney

A Biblical Counseling Process: Guidance for the Beginning, Middle, and End (Helping the Helpers) by Lauren Whitman

Enemies of the Heart by Andy Stanley

The Complete Guide to Crisis & Trauma Counseling by H. Norman. Wright

Anger Iceberg

Icebergs are giant floating pieces of ice found in the coldest parts of the ocean.

What you can see from above is just a tiny part. Most of the iceberg is hidden under the surface.

Anger

embarrassed envious grief
shame frustrated tricked worried
distrustful depressed disgusted
attacked grumpy rejected stressed helpless
guilt unsure trapped nervous anxious
disrespected annoyed grumpy insecure
unsure sadness lonely offended
trauma disappointed fear
uncomfortable hurt
overwhelmed regret

When we are angry, there are often other emotions under the surface.