

Your Emotions Affect Your Health

Maurizio Mingardi
13/11/2011

Instructions from the Epistle of James

How to deal with our problems - **Jam.1**

A Book for believers with wrong beliefs

- Don't blame God
- Understand His Part and Your Part

God is not the source of your testing – **Jam.1:12-14**

- Deal immediately with your emotional problems
 - Trial, tests, temptations - anything that causes STRESS
- Be diligent, zealous **Jam.1:2-4** - COUNT IT ALL JOY
 - **FALL into temptation**, it's always unexpected – we are surprised
 - We always chose what we think is the best choice – **Pro.14:12**
 - TESTING (proof) OF YOUR FAITH produces patience = ability to endure pressure without wavering
 - When you overcome
 - COMPLAINING, criticizing, talking negative will weaken your faith and set you up for defeat
 - STOP COMPLAINING AND CRITICIZING
 - JOY removes the effects of stress on your body – You cannot experience stress and joy
 - You will experience Healing and Breakthroughs

Logos: Choose: Joy and nurture faith for victory or Complain and produce more problems

Stress

STRESS IS THE UNIVERSAL PROBLEM = Depression, worry, shame, guilt

- STRESS IS ANYTHING THAT MAKES YOU STRIVE
 - Def. STRIVE
 - To devote a serious effort of energy, to struggle in opposition
 - Def. STRESS
 - a force exerted on an object or the result of it
 - a state resulting from a stress; *especially* : one of bodily or mental tension resulting from factors that tend to alter an existent equilibrium
 - Examples
 - SICKNESS – strive to be normal
 - FINANCIAL – strive to pay bills
 - MESSINESS – strive to find things
 - Dealing with PROBLEM PEOPLE –
 - ✦ Read Proverbs, don't get in strife and let them defile you and rob your life
- Ongoing Stress is the source of:
 - 99.5% of Sickness
 - Self-sabotage
 - Failure
 - Confusion
 - Inability to hear from God
- Stress produces a COMMUNICATION BLOCK between your heart and your mind =
 - This is the HARDENING OF THE HEART – **Ps.95:8**
 - All **Ps.95** - HOW TO HEAR FROM GOD AND GET DIRECTION
 - It is not by reasoning it out
 - It is by letting go, rejoicing and coming into His presence

God's Solution

Get God's Wisdom

The solution – **Jam.1:5-8**

- You must know what to do
- Connect with God
 - Seek, receive and do not waver (vacillate from one thing to the other)

- - This is not being stubborn and sticking it out
- If you are wrong, accept it and change –
 - Look at your results and don't do more of what does not work

Questions to Consider

1. Explain how all our problems result from emotions.
2. Why it is important to know that God is not the source of our problems?
3. How would you define a problem, temptation or test?
4. According to James 1 who is the source of our problems?
5. What is the effect of complaining when we have a problem?
6. How can we count it all joy when we fall into some temptation?
7. Why is the word "fall" into temptation used to describe what happens?
8. What are the effects of stress on us?
9. According to James 1, what should we do when we have a problem?