

*James Crawford – “Emotional Health in an Abusive World”
“The Total Health Campaign” Session 2*

“Emotional Health in an Abusive World”

6-12-22

Paul predicted intense, troubling days for our generation. He said that there would be abusive, brutal people who would wound others. How will we survive the intense days ahead if we are carrying this sort of excess emotional trauma? We must know how to minimize it and heal it.

In this message I am going to provide you with 10 keys to your emotional health. So where do we start? We must start with understanding the times we are living in.

1. Understand The Intense Days We Are Living in

2 Timothy 3:1-5

But understand this, that in the last days there will come times of difficulty. For people will be **lovers of self...arrogant, abusive, disobedient to their parents, ungrateful...heartless, unappeasable, slanderous**, without self-control, **brutal**, not loving good, treacherous, **reckless**, swollen with conceit, lovers of pleasure rather than lovers of God, having the appearance of godliness, but denying its power. **Avoid such people.**

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2. Choose Friends Who Heal You

Proverbs 16:24

Gracious words are like a honeycomb, sweetness to the soul and health to the body.

Proverbs 12:18

There is one whose rash words are like sword thrusts, but the tongue of the wise brings healing.

3. Learn How to Establish Boundaries

Matthew 18:15

If your brother or sister sins against you, go and point out their fault, just between the two of you. If they listen to you, you have won them over.

4. Tell Close Friends Where It Hurts

5. Identify Your Common Stressors

2 Corinthians 13:5

Examine yourselves...

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6. Learn To Say Goodbye

Proverbs 13:20

Whoever walks with the wise becomes wise, but the companion of fools will **suffer harm.**

7. Walk In Unity in Your Home

Never gossip, always forgive. You can forgive people without trusting them. Don't sweep abuse under the rug. Learn to gently confront those who hurt you without dividing the family where possible. Remove toxic people from your home when possible. If you are under the care of abusive people, find care in another support system. Sometimes your family are controlling, and manipulative and they are the ones you need to be freed of.

8. Help Other People Heal

Luke 6:38

Give, and it will be given to you. For with the amount, you give it will be given back to you.

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9. Never Hurt Another Person

Job 6:14

Anyone who withholds kindness from a friend forsakes the fear of the Almighty.

10. Don't Feel Sorry for Yourself

Exodus 16

Then the children of Israel complained against Moses and Aaron in the wilderness. And the children of Israel said to them, “Oh, that we had died by the hand of the Lord in the land of Egypt, when we sat by the pots of meat and when we ate bread to the full! For **you have brought us out into this wilderness to kill this whole assembly with hunger.**”