

# Our Emotional Health and Discipleship

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Emotional Health **Matters** on the Discipleship Journey

Emotional Health **Matters** to the Church that Disciples

**Emotional Health *Matters* on the Discipleship Journey**



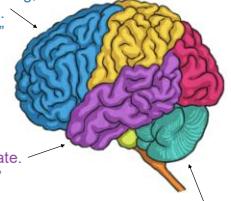
**Discipleship Shapes the Whole Person:**

- Discipleship: Learning to live my whole life in the way of Jesus and helping others do the same.
- Following Jesus means letting him transform heart, mind, soul, and emotions (Mark 12:30).

**Emotional Health:**

- Our ability to identify, express, and regulate emotions
- Thinking, feeling, and acting in a way that honors God, serves others, and stays anchored in Christ — even when life is hard
- Emotions influence how we learn, listen, and live out truth.

**Three Areas of the Brain**



**Cognition:** Thinking, learning, planning, remembering. "Can I learn?"

**Relational:** Emotional state. "Am I loved?"

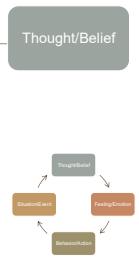
**Survival:** Sensory processing and integration. "Am I safe?"



**Renew Your Mind** (Romans 12:2)

Thought/Belief

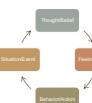
- Identify distortions.
- Replace with truth.
- Practice defusion.



## Regulate Emotions

- Feelings are a valid emotional response to a situation.
- Notice and allow them to be present.
- Develop distress tolerance skills to manage strong physical reactions in the moment.
- Maintain emotional regulation skills.

Feeling/Emotion



## Live with Purpose

- Engage in biblical/spirit-led values.
- Behaviors are an act of obedience whether feelings have caught up yet or not .

Behavior/Action



## Emotional Health **Matters** on the Discipleship Journey

Poor emotional health *blocks* spiritual growth and weakens the ability to engage in spiritual disciplines.

## Emotional Health **Matters** to the Church that Disciples

Emotional Health *fuels* healthy discipleship relationships.

- An emotionally healthy church bears 'One Another's Burdens' as it is called to do.

An emotionally healthy church makes space for vulnerability.

- Discipleship thrives when people feel safe to be honest and open.

## Ephesians 4:31-5:2 (NLT)

*"Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you. Imitate God, therefore, in everything you do, because you are his dear children. Live a life filled with love, following the example of Christ. He loved us and offered himself as a sacrifice for us, a pleasing aroma to God."*

## Emotional Health **Matters** to the Church that Disciples

- The church is both a body and a community.
- Reality:** Communities have expectations.
- Need:** Acceptance that everyone has a story that shapes their sense of safety and belonging within that community.



## Building an Emotionally Safe Community

- Normalize the Conversation
- Model Emotional Vulnerability
- Practice Presence Over Fixing
- Equip the Body with Tools
  - Teach skills: healthy conflict resolution, emotional regulation, and empathy.
  - Recommended resources.
  - Connect to professional support when needed.

