



new life fellowship

Sermon Title: Emotional Health
Speaker: Richard Villodas, Lead Pastor
Scripture: Psalm 2:1-2, 11-16

¹ My God, my God, why have you forsaken me?
Why are you so far from saving me,
so far from my cries of anguish?
² My God, I cry out by day, but you do not answer,
by night, but I find no rest.^[a]

¹¹ Do not be far from me,
for trouble is near
and there is no one to help.
¹² Many bulls surround me;
strong bulls of Bashan encircle me.
¹³ Roaring lions that tear their prey
open their mouths wide against me.
¹⁴ I am poured out like water,
and all my bones are out of joint.
My heart has turned to wax;
it has melted within me.
¹⁵ My mouth^[a] is dried up like a potsherd,
and my tongue sticks to the roof of my mouth;
you lay me in the dust of death.
¹⁶ Dogs surround me,
a pack of villains encircles me;
they pierce^[a] my hands and my feet.

(NIV)

Sermon Outline:

The degree to which we acknowledge our interior life is the degree to which we are able to fully live like Jesus

The Cross is not a just bridge that gets us to God; it's a sledgehammer that tears down walls that separate us.

Jesus Christ is fully God and fully human. Jesus reveals God to us and reveals us to us.

The challenge and problem that we face is we live in a culture that is very confused when it comes to our interior life – what is permissible and what is not permissible. We have been formed by our families, the larger culture, and the church.

The truth is that we cannot be spiritually mature if we are emotionally immature.

The Book of Psalms is the prayer book for the people of God. We need to read them regularly because God gives us permission to be fully human. God doesn't censor the psalmist, but instead he gives the psalmist permission to be fully human.

In this part of scripture, we see David holding before God the emotions of sadness anger and fear.

- Sadness. In order to be fully human, we must offer our sadness to God.
- Anger. Do you have a hard time accessing this emotion or does this come easy?
- Fear. When God tells us not to fear he is letting us know that we are not alone.

In order to help us process these emotions, we are to ask ourselves two questions and look to one invitation:

- What is the issue beneath my (sadness, anger, fear)?
- What might God be saying?
- Pray your sadness, anger and fear.

We are to look to Jesus who teaches us over and over again what it means to be fully human.

The last four words of Psalm 22 "He has done it!" show us that we can live in joy because God is working on our behalf.

Sermon Summary:

This Sunday, Richard Villodas, Lead Pastor, continues Week 3 of our Deeply Formed Life sermon series. Pastor Rich explores Emotional Health and the call for us to live fully human lives as we pay attention to the interior world of our emotions.

Sermon Questions:

1. How does this scripture connect for you the topic that was discussed today? What words resonate with you? Why?
2. In looking back at your family of origin and knowing that we have all been shaped by our family, how did you do nor not do emotions? Were you in an environment where you were encouraged and felt safe to express your emotions or were you scolded and told that you could not express your emotions? Find time this week to journal about your experience growing up, asking God to help with healing in this area of your life.
3. How do you feel when you hear that God did not scold the psalmist when he expressed his emotions to him? Are you able to hear that and apply that to yourself? Can you give yourself permission to be fully human, knowing that our Lord is looking for you to share your emotions with him? In light of this, answer the questions below:
 - When in your life have you experienced such sadness that you felt as though God had forsaken you?
 - Do you hold onto your anger and not let anyone know when you are feeling this way or are you able to express this in a healthy way?
 - When was a time when you were fearful, thinking that you were all alone in how you were feeling?

Use the two questions and one invitation above as you work through these different times in your life. Offering all of this up to God and asking for Him to give you strength, hope and love to work through your feelings.