

Fit for Life: Emotionally Fit

Ecclesiastes 1:1-11

February 28, 2010

Emotionally Fit!

2 Corinthians 1

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, ⁴ who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God. 2 Corinthians 1:3, 4

Ecclesiastes 1:1-11

The words of the Teacher, son of David, king in Jerusalem: ² **"Meaningless! Meaningless!" says the Teacher. "Utterly meaningless! Everything is meaningless."** ³ What does man gain from all his labor at which he toils under the sun? ⁴ Generations come and generations go, but the earth remains forever. ⁵ The sun rises and the sun sets, and hurries back to where it rises. ⁶ The wind blows to the south and turns to the north; round and round it goes, ever returning on its course. ⁷ All streams flow into the sea, yet the sea is never full. To the place the streams come from, there they return again. ⁸ All things are wearisome, more than one can say. The eye never has enough of seeing, nor the ear its fill of hearing. ⁹ What has been will be again, what has been done will be done again; there is nothing new under the sun. ¹⁰ Is there anything of which one can say, 'Look! This is something new'? It was here already, long ago; it was here before our time. ¹¹ There is no remembrance of men of old, and even those who are yet to come will not be remembered by those who follow." **Ecclesiastes 1:1-11**

How is Solomon Doing?

What about YOU ... How are YOU Doing?

A Word about Counseling ...

If you are sick, broken leg, etc. you see a doctor ...

Not all counselors are equal

2 Ways to Create Emotional Disaster ...

Guilt

If we claim to be without sin, we deceive ourselves and the truth is not in us. 1 John 1:8

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9

For it is by grace you have been saved, through faith—and this not from yourselves, it is the gift of God—⁹ not by works, so that no one can boast. Ephesians 2:8, 9

Bitterness

So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. Ephesians 4:17

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Ephesians 4:31

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

Three Exercises to Strengthen Your Emotional Well-being

These 3 items are GOD's Will for you ...

"... for this is God's will for you in Christ Jesus. 1 Thessalonians 5:18b"

Be joyful always ... 1 Thessalonians 5:16

pray continually ... 1 Thessalonians 5:17

give thanks in all circumstances ... 1 Thessalonians 5:18