

HOW TO STAY SANE

IN A CRAZY WORLD

5 PRACTICES FOR
SPIRITUAL AND
EMOTIONAL HEALTH

#4 "Make Room For Reflection" - Part 1

2 Timothy 3:1 (NIV) But mark this: There will be terrible times in the last days.

Romans 12:2 (NLT) Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

1. Practice "_____."

Matthew 6:6 (NIV) But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.

Joshua 1:8 (NIV) Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

Psalms 1:1-2 (NIV) Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the LORD, and who meditates on his law day and night.

Psalms 119:15 (NIV) I meditate on your precepts and consider your ways.

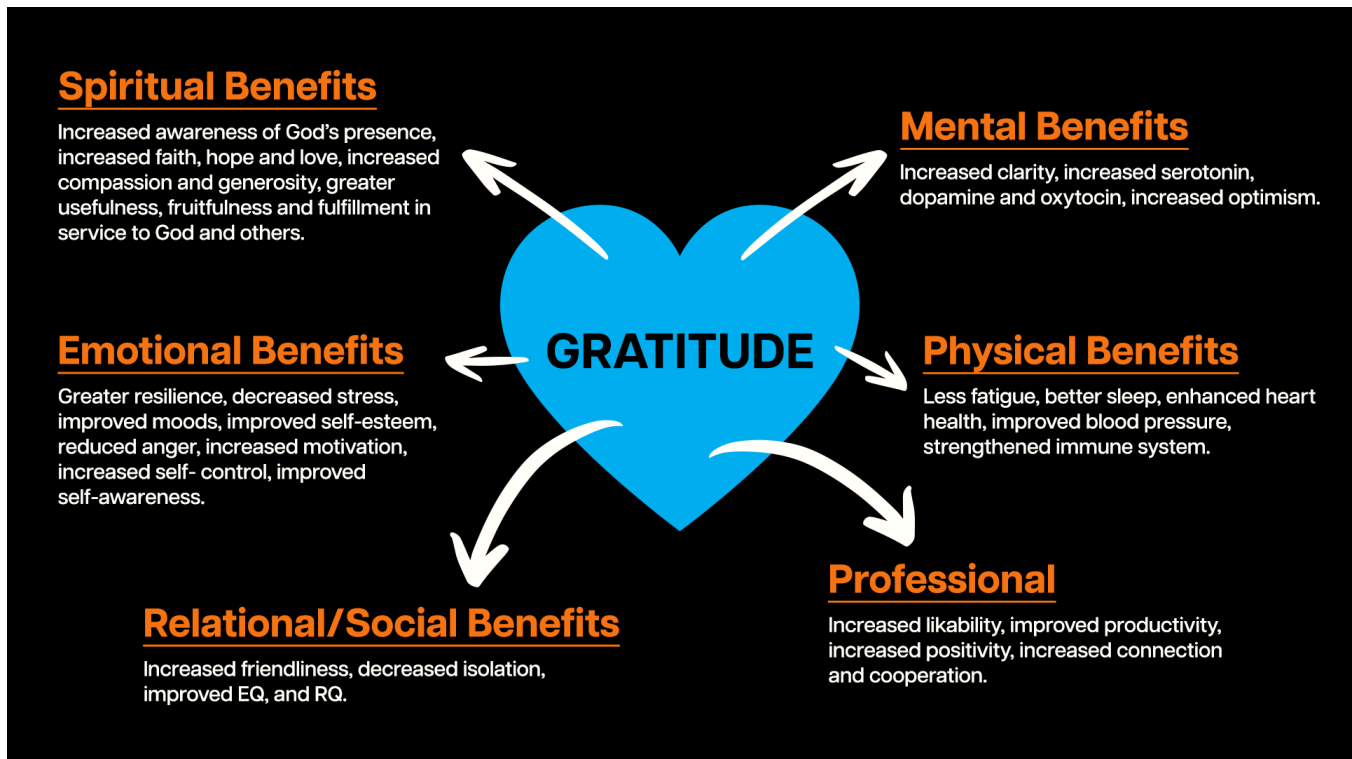
2 Timothy 2:7 (NIV) Reflect on what I am saying, for the Lord will give you insight into all this.

Meditation is:

- A quiet "time out" to prayerfully focus your heart and mind on God and His Word.
- A quiet time of God-reflection and self-reflection that quiets your soul so that you're better able to hear God's voice.
- Spiritual, mental, and emotional "time outs" for properly adjusting your thinking.

Isaiah 30:15 (NLT) This is what the Sovereign LORD, the Holy One of Israel, says: "Only in returning to me and resting in me will you be saved. In quietness and confidence is your strength. But you would have none of it."

2. _____ past and present _____.



1 Thessalonians 5:18 (NIV) Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.

Ephesians 5:20 (NIV) And give thanks for everything to God the Father in the name of our Lord Jesus Christ.

Colossians 4:2 (NLT) Devote yourselves to prayer with an alert mind and a thankful heart.

Carefully reflect on:

- The valuable spiritual lessons you are currently learning or have learned recently.
- The specific blessings in your life.
- The ways God has shown His faithfulness to you.
- The spiritual victories, small or large, you're grateful for.

6 of the biggest enemies of gratitude:

- Busyness and distractions.

- Obsession with more.
- Comparisons to others.
- Habitual grumbling and discontentment.
- The “grass is greener” syndrome.
- Living in the “next” rather than the “now.”

1 Timothy 6:6 (NIV) But godliness with contentment is great gain.