

Talk Is Cheap!

Real Faith Leads to Greater Emotional Health

If any of you needs wisdom to know what you should do, you should ask God, and he will give it to you.

James 1:5a (GWT)

So we must get rid of everything that slows us down, especially the sin that just won't let go. And we must be determined to run the race that is ahead of us. We must keep our eyes on Jesus, who leads us and makes our faith complete. **Hebrews 12:1b-2a (CEV)**

How to Keep It Together When Life's Falling Apart

1. Start and end each day refueling your soul.

So put out of your life every evil thing and every kind of wrong. Then in gentleness accept God's teaching that is planted in your hearts, which can save you.

James 1:21 (NCV)

Every morning tell him, "Thank you for your kindness," and every evening rejoice in all his faithfulness.

Psalms 92:2 (TLB)

Don't be like the people of this world, but let God change the way you think. Then you will know how to do everything that is good and pleasing to him.

Romans 12:2 (CEV)

2. Share your struggles instead of stuffing them.

If you are having trouble, you should pray... If you are sick, ask the church leaders to come and pray for you... If you have sinned, you should tell each other what you have done. Then you can pray for one another and be healed.

Excerpts: James 5:13-16 (CEV)

3. Give grace & mercy to others, and yourself.

And he gives grace generously. As the Scriptures say, “God opposes the proud but gives grace to the humble.”

James 4:6 (NLT)

But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere. **James 3:17 (NIV)**

The Lord is full of compassion and mercy.

James 5:11b (NIV)

4. Count your blessings and help those who are hurting worse than you are.

Religion that God accepts as pure and without fault is this: caring for orphans or widows who need help, and keeping yourself free from the world's evil influence.

James 1:27 (NCV)

Whoever gives to others will get richer; those who help others will themselves be helped. **Proverbs 11:25 (NCV)**

5. Do what you can do, and trust God with what you can't do.

*Don't you remember that our ancestor Abraham was shown to be right with God by his actions when he offered his son Isaac on the altar? You see, his faith and his actions worked together. His actions made his faith complete. And so it happened just as the Scriptures say: “Abraham believed God, and God counted him as righteous because of his faith.” He was even called the friend of God. So you see, we are shown to be right with God by what we do, not by faith alone. **James 2:21-24 (NLT)***