LEADING IN EMOTIONAL HEALTH

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31:25 ·

In this session Jason tackles the topic of the need for personal health and wellbeing. He discusses the needs we all have, whether conscious or not, and how important it is that we correctly align ourselves.

DISCUSS

MY NOTES

SUMMARY

[Print](https://app.worshipu.com/lessons/leading-in-emotional-health/summary)

**Emotional Health**

Jason Vallotton

**Leading in Emotional Health**  
“I’ve had a passion for counseling since I was very young. My heart has been to see the church leading in emotional health. The church has struggled to find answers not only for the world but personally.”

**“Most people who get married believe a myth, they believe marriage is a beautiful box full of all the things you’ve hoped for.”**

* *The truth is that relationship don’t have anything inside and the only thing that will be inside is what you decide to put inside of it.*
* *You get out of life what you put into it.*
* *What are you going to put inside of yourself that when you look at yourself you actually love who you are.*

**1 Thessalonians 5:23 Now may the God of peace Himself sanctify you completely; and may your whole spirit, sould, and body be preserved blameless at the coming of our Lord Jesus Christ.**

* God has provided all the tools for you to be whole, and it is your job to co-labor with Christ to see changes in you.
* We have to quit expecting the Lord to just fix you, you’re gonna have to do the work.

**John 3 - I pray that you may prosper and be in good health**  
**The needs that cause your body, soul and spirit to prosper:**

**Spirit** - God connection, truth, faith, covering, prayer, worship, intimacy with God, covering, revelation, meditation  
**Soul** - expression, heart connection, belief, problem solving, rest, self talk, fun, choice  
**Body** - sleep, food, exercise, energy, hormones, living conditions, work.

Even removing three things, one from each area it creates stress. So much of our lives have to do with the needs of our body, soul and spirit.

* When we begin to understand the needs we have in our lives, we are able to figure out what we need when we are lacking something.
* David was a man after God’s own heart.
* - How does he fall so bad with Bathsheba?
* - He was looking for something and he didn’t know it.
* - When you go to war you have companionship, he saw her and saw a sense of companionship.
* **Our needs that go unmet lead to pain and pain leads to violation. Our needs cry out.**

“Like a city whose walls are broken through is a man who lacks self control” - Prov 25:28

* - 70 percent of your thoughts are unconscious. What you do and say is what you believe.
* - We need to grab hold of what God says about us. When we realize who we are, and value ourselves we can see we are worth protecting.

**What does it look like to take care of yourself?**  
- Levels of living. Anxiety —– Normal —– Depression  
- We typically live in the normal zone, going back and forth between anxiety and depression.  
- What happens when you don’t’ take care of your needs, and you don’t have God in the God spot, and you are insecure because you are performance driven. You walk off stage and your anxiety peaks because you are trying to fill a need that only God can fill.  
- “I want to be significant” but we can’t fill that need with leading worship/  
- How do we get our needs met and live inside the normal realm  
- self awareness :  
 - The ability to know what’s going on inside of you at all times.  
 - Allows you to catch a small spark before it becomes a forest fire.  
 - Enables you to take care of your whole self.

Ask yourself, “Self, what do you need?”Ask your heart, “Heart, what do you need?”