

[GUARDRAILS]

Guard-railing Emotional Health

GUARDRAILS: A safety system designed to prevent something from **STRAYING** into dangerous or off-limit areas.

PERSONAL GUARDRAILS: a **preventative** measure that protects me from falling off a **personal cliff**.

¹² A prudent person foresees the danger ahead and takes precautions. The simpleton goes blindly on and suffers the consequences.

Proverbs 27:12 (NLT)

Guardrailing Emotional Health:

The God who **FEELS!**

1. Cultivate **SOCIAL SUPPORTS**.

⁹ Two people can accomplish more than twice as much as one; they get a better return for their labor. ¹⁰ If one person falls, the other can reach out and help. But people who are alone when they fall are in real trouble. ¹¹ And on a cold night, two under the same blanket can gain warmth from each other. But how can one be warm alone? ¹² A person standing alone can be attacked and defeated, but **two can stand back-to-back and conquer. Three are even better**, for a triple-braided cord is not easily broken.

Ecclesiastes 4:9-12 (NLT)

2. Reconcile **RELATIONSHIPS**.

¹⁸ If it is possible, as far as it depends on you, **live at peace** with everyone.

Romans 12:18 (NIV)

3. Build a better **BOUNDARY**.

⁶ The boundary lines have fallen for me in pleasant places; surely I have a delightful inheritance.

Psalms 16:6 (NIV)

4. Let **LAUGHTER** get the best of you.

²² A **merry heart** does good, like medicine, But a broken spirit dries the bones.

Proverbs 17:22 (NKJV)

¹ Then the LORD brought back the captives to Zion, we were like men who dreamed. ² Our mouths were filled with **laughter**, our tongues with **songs of joy**. Then it was said among the nations, "The LORD has done great things for them."

Psalms 126:1-2 (NIV)

5. Set your eyes on a **BRIGHTER FUTURE**.

¹⁶ The whole Bible was given to us by inspiration from God and is useful to teach us what is true and to make us realize what is wrong in our lives; it straightens us out and helps us do what is right. ¹⁷ It is God's way of making us well prepared at every point, fully equipped to do good to everyone.

2 Timothy 3:16-17 (TLB)

✓ **TALK** to God from the **INSIDE OUT** this week.

JOY - **Psalm 33**

FEAR - **Psalm 55**

SADNESS - **Psalm 88**

ANGER - **Ephesians 4:26-32**

[GUARDRAILS]

Guard-railing Emotional Health

GUARDRAILS: A safety system designed to prevent something from _____ into dangerous or off-limit areas.

PERSONAL GUARDRAILS: a **preventative** measure that protects me from falling off a **personal cliff**.

¹² A prudent person foresees the danger ahead and takes precautions. The simpleton goes blindly on and suffers the consequences.

Proverbs 27:12 (NLT)

Guardrailing Emotional Health:

The God who _____!

1. Cultivate _____.

⁹ Two people can accomplish more than twice as much as one; they get a better return for their labor. ¹⁰ If one person falls, the other can reach out and help. But people who are alone when they fall are in real trouble. ¹¹ And on a cold night, two under the same blanket can gain warmth from each other. But how can one be warm alone? ¹² A person standing alone can be attacked and defeated, but **two can stand back-to-back and conquer. Three are even better**, for a triple-braided cord is not easily broken.

Ecclesiastes 4:9-12 (NLT)

2. Reconcile _____.

¹⁸ If it is possible, as far as it depends on you, **live at peace** with everyone.

Romans 12:18 (NIV)

3. Build a better _____.

⁶ The boundary lines have fallen for me in pleasant places; surely I have a delightful inheritance.

Psalms 16:6 (NIV)

4. Let _____ get the best of you.

²² A **merry heart** does good, like medicine, But a broken spirit dries the bones.

Proverbs 17:22 (NKJV)

¹ Then the LORD brought back the captives to Zion, we were like men who dreamed. ² Our mouths were filled with **laughter**, our tongues with **songs of joy**. Then it was said among the nations, "The LORD has done great things for them."

Psalms 126:1-2 (NIV)

5. Set your eyes on a _____.

¹⁶ The whole Bible was given to us by inspiration from God and is useful to teach us what is true and to make us realize what is wrong in our lives; it straightens us out and helps us do what is right. ¹⁷ It is God's way of making us well prepared at every point, fully equipped to do good to everyone.

2 Timothy 3:16-17 (TLB)

√ _____ to God from the _____ this week.

JOY - _____

FEAR - _____

SADNESS - _____

ANGER - _____