

**An Emotionally and Spiritually Healthy Believer**

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- I. Lives contentedly with God's provisions. *A contented heart*
  - A. Philippians 4:11 "I have learned, in whatsoever state I am, therewith to be content."
  - B. Hebrews 13:5-6 Let your life be characterized without [a fear of being destitute] feeling secure only, thereby, in acquiring more and more money [but] be satisfied with what you have [from the Lord] in that He promised never to give up on you or abandon you - "So that we may boldly say, The Lord *is* my helper, and I will not fear what man shall do unto me."
- II. Does not generalize persons or profile them in groups but accepts others, openly and simply, based on God's grace and not based on race, status, importance, opinion, age, gender, etc. *An accepting and welcoming heart.*
  - A. Romans 15:7 "receive one another, as Christ also received us"
  - B. Hebrews 2:11 "For both he that sanctifies and they who are sanctified *are* all of *one*: for which cause he is not ashamed to call them *brethren*,"
  - C. Luke 19:5 "He [Jesus] looked up [and there in the Sycamore tree sat Zaccheus, vs 2, the *chief* tax collector] and said to him, 'Zaccheus, hurry and come down, for today I must stay at your house.'"
    1. Chief means a high-ranking tax official, richer and more powerful than ordinary tax-collectors. He was the leader over a group of collectors.
    2. Artemidorus, a 2nd century author, called a man like Zaccheus, [A.I. read]: "And (this is especially so) for hucksters, and for those who live with shamelessness, and for robbers, and for those who cheat at the scales, and for people who twist reasoning"
    3. Tax-collectors are despised for corruption, extortion, or collaboration with Rome [A.I.].

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- D. John 4:9 “So the Samaritan woman \*said to Him, “How is it that You, though You are a Jew, are asking me for a drink, though I am a *Samaritan woman*?” (For Jews do not associate with Samaritans.)”
1. Women seen “too freely” in public could be labeled immodest or even immoral.
  2. Luke 8:1-3 mentions women supporting his ministry financially—suggesting women with resources and visibility.
- III. Has a healthy understanding of their own importance, strength, abilities, and calling. *A humble heart*
- A. Galatians 6:4 “let every man prove his own work, and then shall he have rejoicing in himself alone.”
  - B. Mark 1:14, 35, :38 “Jesus came into Galilee, preaching the gospel of God, ... And in the early morning, while it was still dark, Jesus got up, left *the house*, and went away to a secluded place, and prayed there *for a time*. ... He \*said to them, ‘Let’s go somewhere else to the towns nearby, so that I may also proclaim there; for this is why I came.’”
  - C. 1 Corinthians 9:26 [AMP] “I do not run without a definite goal”
- IV. Has a simplicity or natural spontaneity in responding to others’ needs. *A compassionate and benevolent heart*
- A. Romans 12:9-11 “kindly affectioned one to another with brotherly love...”
  - B. The Hebrew phrase is “straightness of heart” 1 Chronicles 29:17 [NASB] David prayed, “... in the integrity of my heart, have willingly [“generously” in vs 14] offered all these *things* [to build the Temple] ...”
  - C. Greek “*openness of heart*” in 2 Corinthians 8:2 Paul, speaking of the churches in Macedonia: “How that in a great trial of

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affliction the abundance of their joy and their deep poverty abounded unto the riches of their *liberality*."

- V. Is passionate about serving the Lord without regard for circumstances or surrounding conditions and will go where God leads them. *A meek heart*
  - A. Romans 12:11 "not lagging [slothful, backward, reluctant] but diligence, *fervent* in spirit; serving the Lord."
  - B. Not half-hearted. John 10:10 "I am come that they might have life, and that they might have *it* more abundantly." [NIV: have it to the full.]
  - C. Romans 5:3 "we glory in tribulations ->patience->hope-> love."
- VI. Lives with a sense of expectation in serving God. *Fresh and rich emotional reactions*. Does not live despondent nor sees a situation as hopeless. *A hopeful heart*
  - A. 1 Corinthians 13:7 "Love ...Bears all things, believes all things, hopes all things, endures all things."
  - B. Not a positive attitude but what to expect from God based on a faith in Him. Hebrews 11:1 Expectation built on a foundation of trust in God.
  - C. Fresh and rich emotional reactions, living the adventure of a lifetime, fulfilling the dream, taking risks and accomplishing things you never thought you would or could do ... while finding God's will for your life "good, acceptable and perfect." Romans 12:2.
  - D. "Peak experiences" where everything "comes together" Romans 8:28. You have come to expect more of God in your life and He doesn't disappoint!
- VII. Has a healthy perspective on life that retains a thankful heart toward God in all situations without projecting fault. *A thankful heart*.
  - A. Colossians 2:7 "abounding therein with thanksgiving..."
  - B. Genesis 50:20 "You meant it for evil but God meant it for good."

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C. The dictionary calls perspective: “[an] understanding of the relative importance of things; a sense of proportion.” If we could only and always see our life through God’s eyes!

VIII. Has an *empathetic understanding heart* that will weep and rejoice with others over their heartaches and blessings. An understanding heart

A. Romans 12:15 “Rejoice [encourage them] with them that do rejoice, and weep [pray for them] with them that weep.”

B. Galatians 6:1-2 “Brethren, if a man is overtaken in any trespass, you who *are* spiritual restore such a one in a spirit of gentleness, *considering yourself* lest you also be tempted. *Bear one another’s burdens*, and so fulfill the law of Christ.” Walk in another man’s shoes.

C. Not sympathy but empathy. Not “shared feelings or opinions” which often morph’s into a self-pity [misery likes company]. But ability to objectively understand and care *without* coming to “yea, I feel that way, too.”

IX. Enjoys meaningful fellowship around God’s Word with other believers. A like-minded, *united heart*

A. Hebrews 10:25 “Not forsaking the assembling of ourselves together,”

B. 1 Corinthians 12:12 “For as the body is one and has many members, but all the members of that one body, being many, are one body, so also *is* Christ.”

C. Proverbs 27:17 “As iron *sharpens* iron. So a man sharpens the countenance of his friend.” As social beings recognizing the need for each other, whom the philosopher calls “the other” recognizing how vast our distinct cultural acumen, personalities, interests, abilities, backgrounds, etc. Let God use these differences to edify one another.

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- X. Practices forgiveness unhesitatingly; able to appreciate all as individual persons. Able to show mercy, allows for reconciliation. *A merciful heart.*
- A. 2 Corinthians 2:10 “whom you forgive anything, I also *forgive*. ... for *your* sakes in the presence of Christ.”
  - B. Ephesians 4:31-32 “be ye kind one to another, tenderhearted, forgiving one another.”
- XI. Abhors evil with a strong moral commitment *A pure heart*
- A. Job 1:8 “one that fears God, and eschews evil.”
  - B. One Bible word for “shame” is a feeling that “refrains a good man from doing an unworthy act.”
  - C. Hebrews 12:28 “Therefore, since we are receiving a kingdom which cannot be shaken, let us have grace, by which we may serve God acceptably with *reverence* [shame] and *godly fear* [devotion].” The very thought of dishonoring our Lord and the sacred trust He has in us, prevents us from sinning against Him!
- XII. Is not argumentative, adversarial or litigious. *A peaceful heart*
- A. Matthew 12:19 “He shall not strive, nor cry; neither shall any man hear his voice in the streets.”
  - B. Matthew 5:9 “Blessed *are* the peacemakers, For they shall be called sons of God.”
  - C. Romans 12:21 “Do not be overcome by evil, but overcome evil with good.”
  - D. James 4:12 “There is one Lawgiver who is able to save and to destroy. Who are you to judge another?”
  - E. James 5:9 “Do not grumble against one another, brethren, lest you be condemned. Behold, the Judge is standing at the door!”
- XIII. Is not offended, intimidated, or defensive but courageous, strong of heart. *A courageous heart.*

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- A. Deuteronomy 31:6 ““Be strong and of good courage, do not fear nor be afraid of them; for the LORD your God, He *is* the One who goes with you. He will not leave you nor forsake you.””
- B. Job 17:9 “Yet the righteous will hold to his way, And he who has clean hands will be stronger and stronger.”
- C. Psalm 27:14 “Wait on the LORD; Be of good courage, And He shall strengthen your heart; Wait, I say, on the LORD!”
- D. Acts 28:15 “Paul ... thanked God, and took courage”].

XIV. Is creative. He does not see problems; he sees challenges. *A stout heart*

- A. Philippians 4:13 “I can do all things through Christ which strengthens me.”
- B. Ephesians 2:10 “For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.” Creative people contribute to solutions; they are not part of the problem.
- C. We were created in God’s image and He is the Creator. Are we not His “instruments unto righteousness” [Romans 6:13].

XV. Shows an agape love for all peoples. *A loving heart*. A rich and extended love of our fellow travelers—all mankind.

- A. Matthew 22:39 “Thou shalt love thy neighbor as thyself.”
- B. 1 John 3:17 “But whoever has this world’s goods, and sees his brother in need, and shuts up his heart from him, how does the love of God abide in him?”
- C. Luke 6:27 “But I say to you who hear: Love your enemies, do good to those who hate you,”
- D. 1 Peter 1:22 “love one another with a pure heart *fervently* [assiduously, splendidly, zealously, [extending to all]]...”