

Oasis 16.06.16: *The Emotionally Healthy Woman* - 'Quit Faulty Thinking'

'Love the Lord your God with all your heart, mind, soul and strength.'

1) HEART

Are there any ways in which you may need to seek the Lord's heart more in your daily life in order to *know* his heart more? Are there any obstacles with which you would appreciate help and prayer?

2a) MIND

Intellect: Take some time to think personally or discuss any particular images or views of God that you may have which are incomplete / unhelpful which may be resulting in faulty thinking about His nature and may affect the way you relate to Him (and others). Between you, you may have various different images of God which could be helpful to share to contribute to a fuller picture.

2b) In what ways could you personally take a more in-depth approach to reading scripture? Are there any ways in which you have jumped to conclusions or quoted scripture to justify your own opinions without investigating carefully background and context?

2c) Emotions: What unhelpful thinking might you have which prevents you from being emotionally healthy? Perhaps take time at home to jot down some of the statements you might say to yourself on 'stuck CD mode' and what steps can you take to become free of these? The 'tools' overleaf might be helpful, accompanied by prayer, of course!

3) SOUL

To what extent do you have a secure identity as a child of God and know who he has made you to be? Would you like anyone to guide you in discovering more about your gifts and how to use them?

4) STRENGTH

What additional 'tools' can you use to gain strength to face the challenges posed by faulty thinking? (support from others, useful Bible verses, prayer ministry, etc.)

'Love your neighbour as yourself.'

5) LOVING YOURSELF

See 2c above but also ask these questions and use the tools overleaf!

5a) Does '*All-or-nothing*' thinking influence your mind and actions? Can you think of some examples of phrases and ways to rephrase these helpfully?

5b) Do you find yourself jumping to conclusions and *taking things personally* without considering where the other person is coming from?

5c) Do you often believe that '*things will never change*'? Again, how can you reframe your thinking to become freer?

6) LOVING YOUR NEIGHBOUR

Putting everything together: are there any additional ways in which we can work towards thinking healthily about God, ourselves and our neighbours in order to have the loving resources to serve our neighbours lovingly and freely and welcome the Kingdom of God on this earth?

'The only qualification for ministry is LOVE?' (Jonathan Jee)

Quit Faulty Thinking 'Toolkit': some helpful tools for improved emotional health.

Most importantly invite Christ into your thoughts as He has the ultimate solution! For each example jot down some examples of *your own* faulty thoughts and then prayerfully try to reframe them using the tools. You might need some extra paper!

Type of Faulty thinking	Freedom tool
Negative thought patterns ('stuck CD') e.g. 'I feel too ill to do anything.'	Using <i>compassion</i>, <i>switch</i> it round to a positive. e.g. 'I could just try to do that one thing, and maybe I'll feel a bit better.'
False guilt (condemnation) e.g. 'My action is unforgiveable. I'm unlovable.'	True guilt (conviction) e.g. 'I'm sorry I did this but I can be forgiven, change my thoughts / behaviour and move on.'
Unrealistic anxious thoughts e.g. 'My husband is going to be involved in a car crash while he's travelling.'	'Putting the thought in the dock' Act as jury to the thought and weigh up validity versus fantasy in terms of a percentage. Then reframe the thought into a more realistic one.
Self-pitying or comparing yourself with others e.g. 'My friend has it all: health, wealth, family' etc. Everything is going wrong for me.'	'Attitude of Gratitude' (make a list!) e.g. 'Thank you Lord for your love, thank you for home, family, work, sunshine...'don't stop!
'All-or-nothing' thinking e.g. 'My boss never listens to me.'	Reframing thoughts and behaviours e.g. 'Perhaps he is busy. Let's find a suitable time to discuss any issues.'
Taking things personally e.g. 'He didn't return my 'phone call.'	Considering the other person's circumstances e.g. 'Perhaps he's having a hard day or waiting for a good time to give me the attention I need.'
Believing things will never change e.g. 'I will never find a husband.'	Reframing thoughts / seeking positive solutions e.g. 'There are many advantages to my single life / I could start a hobby where I might meet someone!'