

Total Fitness

# Emotional Fitness

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# Emotional fitness

- In tune with reality, others, and God.
- Displayed appropriately.
- Linked with other parts of total fitness.
- Sense true and deep realities.
- Hints of your heart and of God's heart.
- Limited pain, unlimited pleasure.

# Emotional fitness

**Feelings are in tune with  
reality, others, and God.**

# Emotional displays

A fool shows his annoyance at once. (12:16)

A man of understanding is even-tempered.  
(17:27)

Like a city whose walls are broken down  
is a man who lacks self-control. (25:28)

A fool gives full vent to his anger, but a wise  
man keeps himself under control. (29:11)

# Hidden emotions

Each heart knows its own bitterness,  
and no one else can share its joy. (14:10)

Even in laughter the heart may ache,  
and joy may end in grief. (14:13)

Better is open rebuke than hidden love.  
(27:5)

# Feeling with others

A cheerful look brings joy to the heart, and good news gives health to the bones. (15:30)

Like one who takes away a garment on a cold day, or like vinegar poured on soda, is one who sings songs to a heavy heart. (25:20)

If a man loudly blesses his neighbor early in the morning, it will be taken as a curse. (27:14)



# Feeling with others

Rejoice with those who rejoice; mourn with those who mourn. Live in harmony with one another. (Romans 12:15-16)

If one member suffers, all suffer together; if one member is honored, all rejoice together. (1 Cor 12:26)

**Joy shared is joy multiplied;  
sorrow shared is sorrow divided.**



# Emotional impact

An anxious heart weighs a man down,  
but a kind word cheers him up. (12:25)

Hope deferred makes the heart sick,  
but a longing fulfilled is a tree of life. (13:12)

The tongue that brings healing is a tree of  
life, but a deceitful tongue crushes the spirit.  
(15:4)

# Emotional impact

A heart at peace gives life to the body,  
but envy rots the bones. (14:30)

A happy heart makes the face cheerful,  
but heartache crushes the spirit. (15:13)

A cheerful heart is good medicine, but a  
crushed spirit dries up the bones. (17:22)

A man's spirit sustains him in sickness,  
but a crushed spirit who can bear? (18:14)

# Total Fitness

**Emotional fitness interacts  
with other part of total fitness.**

- Spiritual
- Physical
- Financial
- Intellectual
- Emotional
- Relational
- Vocational

# Emotional confusion

**Warped emotions misread reality.**

## **Painful feelings**

- Fear, sadness
- Guilt, shame
- Anger, hate

## **Pleasant feelings**

- Hope, joy
- Purity, dignity
- Peace, love

# Emotional fitness

**Fit emotions feel true realities.**

## **Painful feelings**

- Fear, sadness
- Guilt, shame
- Anger, hate

## **Pleasant feelings**

- Hope, joy
- Purity, dignity
- Peace, love

# Emotional fitness

**Fit emotions feel deep realities.**

- Life is far worse than I dare to admit.
- Life is far better than I dare to dream.
- I am far worse than I dare to admit.
- I am far greater than I dare to dream.
- God is far harsher than I dare to fear.
- God is far kinder than I dare to hope.

# Heart knowledge

- **Emotions give hints of your heart.**
  - ✓ What your heart is doing with reality.
  - ✓ What your heart is doing with others.
  - ✓ What your heart is doing with God.
- **Emotions give hints of God's heart.**
  - ✓ Your feelings hint at God's feelings.
  - ✓ God's feelings reveal his character.



# Emotional fitness

**Fit emotions feel limited pain  
and unlimited pleasure.**

## **Painful feelings**

- Fear, sadness
- Guilt, shame
- Anger, hate

## **Pleasant feelings**

- Hope, joy
- Purity, dignity
- Peace, love

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