

30

DAY JOURNEY TO EMOTIONAL HEALTH



**PAUL M. GOULET, M.A.
DENISE J. GOULET**



DAY JOURNEY SERIES

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30 Day Journey to Emotional Health

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Requests for information should be addressed to:

ICLV, 8100 Westcliff Drive, Las Vegas, NV 89145

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RE-DEFINE YOUR NORMAL

“And the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.” (Philippians 4:7-8)

What is “normal” for you? Is it depression, drugs, insomnia, fear or anxiety? Is it abuse, violence, or relational frustration? Many of us have simply accepted certain things as “normal” that really are not normal. Some live in abusive environments, dead-end jobs, unemployment, addiction, and insecurity. Is this really the NORMAL from God? The apostle Paul re-defined what your daily life should look like in Philippians 4. These steps assure us of the peace mentioned above in verse 7.

1. Rejoice in the Lord always (v. 4).
2. Have a great attitude.
3. Don't worry or be anxious about anything (v. 6).
4. Pray about everything (v. 6).

Questions: *Can you imagine a life with no anxiety, insecurity, or fear? Is it possible to live a life without these feelings? Your “normal” then becomes what God has always wanted for you. Do you ever worry or ever get anxious? Are you full of joy most of the time? Do you pray about everything?*

Today: *What have you accepted as “normal” that needs to change? Do you need to think differently (i.e. repent) about anything? It is time to redefine your “normal.” Realize that your “normal” button is broken and you want to get it fixed.*

Invite the Holy Spirit to speak to you like He did to the seven churches in Revelation 2 and 3, revealing your true state. The Holy Spirit wants to speak to you, and help you have a transformed mind. He wants to manifest Himself through you.

“But the manifestation of the Spirit is given to each one for the profit of all. For to one is given by the Spirit the word of wisdom; to another the word of knowledge by the same Spirit; To another faith by the same Spirit; to another the gifts of healing by the same Spirit” (1 Corinthians 12:7-9).



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Further Resources Available

30 Day Journey to Spiritual Health

The Vision Workbook

The Vision Bible

The 5 Powers of God

Crossing your Threshold

Transformed Family

Power of Impartation

The Invisible Imprint (By Dr. Richard Dobbins)

Who Switched Off My Brain? (Dr. Caroline Leaf)

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