



Westside Baptist Church Worship Service

March 19, 2023

- Speaker:
Rev. Dr. Gladys Lee Tsang
- Scripture: 1 Kings 19:1-18

Grow + Overflow: Grow In Health

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Grow in Emotional Health

Peace I leave with you; my peace I give you. I do not give to you as the world gives.
Do not let your hearts be troubled and do not be afraid. John 14:27

Sermon Outline

Introduction

Content

1. Understanding about emotions

- God has _____ (John 11:35)
- Our emotions are _____ from God (Mark 14:72)
- The bible is full of _____ of emotions
(James 5:17; 1 Kings 19:3-4)

2. Reasons for growth in emotional health

- We don't want to _____ (1 Kings 19:10; 1 Peter 5:8)

My Reflection

- What did God tell me through the message today?



- We want to _____ (Mark 12: 30; Romans 8:8)

3. Steps to growth in emotional health

- Identify our _____ (Psalms 42:11)
- Understand its _____ (1 Kings 19:2-3a, 14)
- Refocus on _____ (1 Kings 19:11-13, 15-18)

Conclusion

My Reflection

- What did God tell me through the message today?



My Prayer Response

- Write down your responsive prayer for God's word today.

My Action Response

- What changes will I make in response to God's word today?