



EMOTIONAL WELLNESS

and Biblical Recourse to Mental and Emotional Well-Being

Michael O. Ojewale

Emotional Wellness A Biblical Recourse To Mental And Emotional Wellbeing

Alicia Michelle, ACC CPLC



Emotional Wellness A Biblical Recourse To Mental And Emotional Wellbeing:

Emotional Wellness Michael Olufemi Ojewale, 2004 Human suffering is a perennial issue Suffering comes in various ways sizes and shapes but no matter who you are fear anger disappointment and loss are feelings we all experience at one point or another in our lives And when these emotions come they seem to cause much turmoil and heartache stirring up unanswerable questions that daunt and taunt us Why Why me Why now Why God Using true life experiences especially from his ministry in the hospital and biblical examples Michael Ojewale seeks to highlight the role of faith in helping us handle our emotions during troubled times When life hits hard as it often does Emotional Wellness provides a divine response to the cries of our hearts and a spiritual recourse for emotional turnaround Book jacket [When life is unfair](#) Deborah Duncan, 2021-05-21 A chapter book retelling the story of Joseph who was sold into slavery in Egypt by his brothers and unfairly put into prison with additional related snippets from other Bible stories But God cares providing guidance support and hope through the situations A reassuring story to help older children reflect and talk to people they trust about Joseph's emotions and experiences providing guidance for them when they feel life is unfair including support from God The God cares series provides a Biblical approach to discussing emotions and behaviour with children to nurture an attitude of wellness Children at different ages approach things differently in their stages of emotional development so this series works at two different levels illustrated Readers aimed at 5-7 year olds and Chapter books aimed at 8 years Please note that children progress at different reading abilities and stages of emotional development so the age ranges are only a guide for parents and carers The Bible stories are retold reflecting on the emotions and encourages children to discuss and relate this within their situations Sections at the back provide a reflective space for children and practical advice for parents and carers Debbie Duncan author of The Art of Daily Resilience Brave and Gifted is a nurse and a teacher and mother of four children She has considerable insight into what constitutes resilience and bravery the ability to cope to stay on course to bounce back In her books she considers what is required for physical mental and spiritual durability interweaving biblical teaching prayers with personal anecdote and sound advice This she now applies specifically to support parents and carers raising children *Emotional Confidence* Alicia Michelle, ACC CPLC, 2024-11-12 Tired of up and down feelings stealing your peace sabotaging your relationships and filling your mind with self-defeating thoughts What if you had a proven emotional management tool to biblically respond to your feelings with both compassion and clarity Discover three simple steps to better manage emotions to reduce stress improve decision making and grow closer to God In Emotional Confidence certified Christian life coach and award-winning podcast host Alicia Michelle shares how to implement the method she's taught to tens of thousands into an ongoing lifestyle practice to effectively manage emotions for God's glory This biblically scientifically based method shows you how to handle emotional overwhelm overthinking and avoidance acknowledge feelings without judgment process emotions through God's clarifying lens of truth courageously choose a scriptural response With calming activities

client stories scientific evidence and heartfelt honesty this book overflows with practical ways to confidently process emotions for better relationships spiritual growth and lasting calm

THE ENCYCLOPEDIA OF CHRISTIAN APOLOGETICS Edward D. Andrews, 2024-10-04 The Encyclopedia of Christian Apologetics is an essential resource for anyone seeking to defend the Christian faith with clarity and confidence This comprehensive volume offers in depth explanations of key topics and arguments within the field of apologetics making it an invaluable tool for pastors teachers students and laypeople alike Organized alphabetically for easy reference each entry addresses significant theological issues common objections and the core truths of Christianity Whether you're responding to questions about the existence of God the reliability of Scripture or contemporary challenges such as atheism and moral relativism this encyclopedia provides biblically grounded logically sound and practically applicable answers With over 220 books authored Edward D Andrews draws from his extensive experience and study to offer readers well researched and scripturally supported content The Encyclopedia of Christian Apologetics not only equips you to answer critics but also deepens your understanding of the Christian worldview and strengthens your faith In a world where questions about faith and truth are more pressing than ever this encyclopedia is a trusted guide to help you stand firm in the truth and proclaim the gospel boldly

FAITHFUL MINDS Edward D. Andrews, 2023-02-24 FAITHFUL MINDS is a comprehensive guide that combines the principles of Biblical counseling with Cognitive Behavioral Therapy to help readers achieve emotional and mental wellness This book explores the intersection of these two disciplines offering practical advice and guidance for those seeking to improve their mental health through a faith based approach Drawing on Biblical teachings and psychological insights the author provides a step by step guide to understanding the root causes of emotional struggles and negative thinking patterns Readers will learn how to identify and challenge negative thoughts and beliefs develop healthy coping mechanisms and cultivate a more positive and resilient mindset This book is an essential resource for anyone seeking to improve their mental and emotional health through a faith based approach It offers practical guidance insightful anecdotes and helpful exercises to help readers apply the principles of Biblical counseling and CBT to their daily lives Whether you are struggling with anxiety depression or other emotional challenges FAITHFUL MINDS offers a path to healing and renewed hope Throughout this book certain phrases and scriptures are repeated for emphasis as a way of inculcating them into your way of thinking This is a technique that Jesus also used where he repeated his points to ensure that it was well established in the minds of his listeners Repetition not only aids in memory but can also be used to effectively highlight key ideas and help your audience to understand them clearly A good example of this is found in the book of Proverbs where God inspired Solomon to repeat certain proverbs almost word for word in order to convey knowledge and sharpen understanding

God Cares When life is tough Deborah Duncan, 2021-05-21 A chapter book retelling the story of Paul who encountered many harsh and demoralising situations on his missionary journeys with additional related snippets from other Bible stories But God cares providing constant reassurance and enabling Paul to stay hopeful A reassuring story

to help older children reflect and talk to people they trust about when their lives get tough and they feel rejected providing the support they need to find ways through including from God The God cares series provides a Biblical approach to discussing emotions and behaviour with children to nurture an attitude of wellness Children at different ages approach things differently in their stages of emotional development so this series works at two different levels illustrated Readers aimed at 5 7 year olds and Chapter books aimed at 8 years Please note that children progress at different reading abilities and stages of emotional development so the age ranges are only a guide for parents and carers The Bible stories are retold reflecting on the emotions and encourages children to discuss and relate this within their situations Sections at the back provide a reflective space for children and practical advice for parents and carers Debbie Duncan author of The Art of Daily Resilience Brave and Gifted is a nurse and a teacher and mother of four children She has considerable insight into what constitutes resilience and bravery the ability to cope to stay on course to bounce back In her books she considers what is required for physical mental and spiritual durability interweaving biblical teaching prayers with personal anecdote and sound advice This she now applies specifically to support parents and carers raising children

The Bible and Mental Health
 Christopher C.H. Cook, Isabelle Hamley ,2020-08-30 Is it possible to develop such a thing as a biblical theology of mental health How might we develop a helpful and pastoral use of scripture to explore questions of mental health within a Christian framework This timely and important book integrates the highest levels of biblical scholarship with theological and pastoral concerns to consider how we use scripture when dealing with mental health issues Chapters include Paula Gooder on Healing and wholeness Joanna Collicutt on Jesus and mental health Isabelle Hamley on Job David Firth on Anxiety in Scripture John Swinton on The Bible in Pastoral Care Walter Brueggemann on Psalms and lament With a foreword from Archbishop Justin Welby

Christian Guide To Mental Illness Vol 2 Stephen M Saunders,2019-07-01 How many people suffer from mental illness Did you know that one in five people including Christians will suffer from a mental illness in any given year This shocking statistic means that many churches will have families who are affected by and struggling with mental illness This second entry in a two volume set about mental illness by Dr Stephen Saunders will help you respond to these difficult circumstances and directing Christian brothers and sisters to the care and support they need while also reminding them of their Savior s love A Christian Guide to Mental Illness Volume 2 details how core ideas about mental illnesses and their treatments have changed over time The book also offers guidance to pastors and church workers who wish to provide practical assistance to the people they serve You will learn how to begin the vitally important conversation on mental illness prepare for crisis management recognize the need for professional treatment assist loved ones and share with everyone impacted by mental illness the spiritual comfort that only comes from God s Word As he did in Volume 1 Dr Saunders demonstrates in this book a thorough understanding of essential Christian teachings Both church leaders and church members will find assistance and encouragement in this book as they reach out to family and friends affected by

mental illness *The Emerging Equity Scholars Program: A belonging intervention to address othering in research careers*
Megan Comfort, Monica Sheppard, Lissette M. Saavedra, Johnna Christian, 2025-05-13 Emerging scholars from groups that have been historically excluded from and are currently othered in research careers are vital to developing innovative approaches to studying and remedying the world's most challenging equity and social justice issues. In predominantly white institutions, scholars from othered groups may feel tokenized and pressured to conform to the status quo if employers do not commit to support them in thriving. The Emerging Equity Scholars EES program is a belonging intervention created for people from othered groups embarking upon professional research careers that was piloted from 2022 to 2023 at RTI International. This paper explains EES's conception of holistic mentorship which builds belonging by focusing on well-being, equity-centered research, community building, honoring diverse perspectives and lived expertise, and sharing power and resources. We describe how EES centers well-being by cultivating practices among program participants that support mindfulness, healing, and joy, and discuss EES's research mentorship strategies that recognize emerging scholars' knowledge, honor their experiences, and support their exploration of novel research approaches. We conclude with reflections from pilot participants about how EES cultivates a sense of belonging within the program, the broader work environment, and the field of research, and how the EES program will be adapted for future cohorts.

FOR AS I THINK IN MY HEART SO I AM
Edward D. Andrews, 2016-10-06 For As I Think In My Heart So I Am Combining Biblical Counseling with Cognitive Behavioral Therapy offers a transformative journey for Christians seeking to align their thoughts, emotions, and actions with biblical truth. In a world where the mind is often at war with the spirit, this book provides a powerful tool for overcoming the mental and emotional challenges that hinder spiritual growth. Drawing on the timeless wisdom of Scripture and the practical techniques of Cognitive Behavioral Therapy (CBT), this book equips believers with the knowledge and skills needed to renew their minds and hearts. Each chapter delves into common struggles such as anxiety, depression, and destructive thoughts, offering biblically grounded strategies that foster true and lasting change. This is not a book of easy answers or superficial solutions. It is a guide for those ready to do the hard work of self-examination and transformation rooted in the belief that as we think in our hearts, so we become. Whether you are a pastor, counselor, or an individual seeking personal growth, For As I Think In My Heart So I Am provides the insights and tools necessary to develop a mind that honors God and a life that reflects His love and wisdom. Let this book be your companion as you embark on a journey to renew your mind, overcome destructive patterns, and embrace the peace and strength that come from a biblically centered life.

Treating Trauma in Christian Counseling
Heather Daveidiuk Gingrich, Fred C. Gingrich, 2017-12-19 With extensive experience treating complex trauma, Heather Gingrich and Fred Gingrich have brought together key essays representing the latest psychological research on trauma from a Christian integration perspective. This text introduces counseling approaches, trauma information, and Christian reflections for students, instructors, clinicians, and researchers alike.

Women, Identity and Religion in Wales Manon Ceridwen

James,2018-02-15 It is a study of the relationship between identity and religion in women s lives in Wales today It will help the reader have a better and more comprehensive understanding of the religious context in Wales to the present day It will introduce the reader to theological and religious themes as well as reflections on identity in the work of several key female Welsh writers Menna Elfyn Jasmine Donahaye Jam Morris Charlotte Williams and Mererid Hopwood It will help the reader to engage with issues of Welsh identity and religion and gain insight into challenges facing the churches today and engage with the lived experience of women in Wales

The Way of Learning Christian Religious Education in The Digital Era

Weldy,Theodorus,Azriel Christian Nurcahyo,2024-10-08 The book is an essential guide for educators students and parents navigating the intersection of faith and technology This book explores innovative ways to integrate digital tools into Christian education enhancing engagement and understanding of spiritual values Through practical strategies and solutions it addresses the challenges of incorporating technology in religious instruction while fostering a dynamic and inclusive learning environment Readers will find valuable insights and methods to effectively teach and learn Christian principles making the process interactive and enriching in today s fast paced digital world

Christian Paths to Health and Wellness John Byl,2013-03-26 Christian Paths to Health and Wellness Second Edition offers a unique faith based perspective on the pursuit of wellness for body mind and spirit Written for undergraduate students attending Christian universities this updated edition also serves as a reference for anyone seeking God pleasing guidance to make positive life changes Christian Paths to Health and Wellness will help you develop cardiorespiratory endurance muscular strength and flexibility apply principles of good nutrition manage stress and better understand other issues affecting emotional wellness learn the importance of regular sound sleep and understand how to develop and maintain healthy relationships In this new edition you ll find the latest research on nutrition and fitness woven into an engaging narrative complemented by true stories of personal empowerment This inspiring book will help you take charge of your health learn about the importance of physical wellness to the whole person and apply aspects of behavior modification in reaching your goals Like the first edition Christian Paths to Health and Wellness Second Edition draws on the expertise and perspective of a team of Christian academics engaged in teaching health and wellness courses with a Christian foundation Learning features in the text including chapter outcomes and review questions offer guideposts for retaining and referencing information Application activities help you reflect on chapter content as you consider through exercises and written reflections how to translate what you ve learned to your own life Point counterpoint discussions give you a forum for discussing a topic from alternative perspectives In addition a glossary defines new terms which are highlighted in bold type throughout the text and included in lists of key terms in each chapter For instructors free access to online ancillaries including an instructor guide presentation package with image bank and test package offer comprehensive support for course delivery and assessment Psalm 119 reminds us that God s word is a lamp for my feet a light on my path In this way the second edition of Christian Paths to Health and Wellness considers how scripture

speaks about caring for your whole being and encourages you through tools information and strategies to live a focused life fixed on godly physical goals *The Journey of a Christian Counselor* Jessie Rose Barrow,2012-03 The Journey of a Christian Counselor is written for the individual who feels drawn by the Holy Spirit to counsel with or without formal training in the profession It is a story within a story a chronology of the spiritual and professional journey of a young woman searching for the meaning of a vision that she saw at the birth of her son This vision changed her life but it was not until the brutal death of her son that she gained the courage to release the vision and accept its purpose in her life **Honoring God With My Body** Katherine Pasour,2022-10-04 With practical strategies and achievable goals Honoring God with My Body encourages believers to seek and maintain a healthier lifestyle for a lifetime Katherine Pasour s decades of experience teaching Bible studies and health and physical education have uniquely shaped her approach to wellness It is her goal to show believers how living a healthy lifestyle is one way to give back to the Father in service to Him Honoring God with My Body is her wellness Bible study in which she links the many dimensions of health physical intellectual mental emotional social vocation and spiritual These dimensions are interdependent each powerfully impacts the other and overall health and well being When these aspects of health are in balance and harmony the human body which is fearfully and wonderfully made according to Psalm 139 14 can achieve wellness Katherine merges scriptural guidance with her knowledge of healthy lifestyle practices into a nine week Bible study that provides encouragement for participants as they embark on their journey to wellness Within Honoring God with My Body readers will find an introductory week followed by eight weeks of specific focus on various topics Each section emphasizes the interdependence of health s different aspects and dimensions in conjunction with God s great love for His people explaining how His support and guidance is available to all who seek it The ^AChurch Leader's Counseling Resource Book Cynthia Franklin Ph.D.,Rowena Fong,2011-02-01 This all in one guide is designed to better equip clergy to meet their churches needs in a spiritually grounded and scientifically sound manner Succinct easy to read chapters summarize all a pastor needs to know about a given problem area including its signs or symptoms questions to ask effective helping skills and most importantly when to refer to a mental health professional *The Collected Writings of Marcia A. Murphy* Marcia A. Murphy,2020-03-30 The psychotic break occurred when I was in the vulnerable twenties for me a naive time of adventure and risks and I was devastated Only later was I to learn that psychotic episodes and hallucinations may have real world significance My own experience told me this but the view of scientific psychiatry that was drummed into me by family counselors doctors etc made me doubt Yet I knew something momentous had happened and I wanted to know what and what it meant for my life The search took me to the library the public library the university library the health sciences library and there I found books that some of them told a different story There I was to learn that the mind is more than the workings of the material brain I was to find that mental illness including psychotic episodes can be a means of personal transformation and may have spiritual significance **Christian Counseling Ethics** Randolph K. Sanders,2013-03-08

Editor Randolph K Sanders assembles a team of scholar practitioners to forge a comprehensive ethical approach to Christian counseling Christian psychotherapists pastors and others in the counseling profession will find here a ready resource for a wide array of contemporary clinical scenarios

MISGUIDED THINKING Edward D. Andrews, 2024-06-08 Are you tired of feeling trapped by negative thoughts and emotions Do you struggle with self doubt fear or anxiety **MISGUIDED THINKING** Correct and Guide Your Thoughts in a Healthier Direction is a transformative guide that combines biblical wisdom with cognitive behavioral therapy to help you break free from the chains of misguided beliefs and cultivate a healthier more fulfilling mindset In this empowering self help book you will discover practical strategies to identify and challenge the negative thoughts that sabotage your happiness and success Each chapter delves into common issues such as fear anxiety self doubt and relationship struggles offering insights and tools to overcome them By integrating timeless biblical principles with proven psychological techniques this book provides a comprehensive approach to mental and emotional well being Through relatable examples reflective exercises and encouraging affirmations you will learn how to Recognize and challenge misguided beliefs that undermine your confidence and peace Replace negative self talk with empowering biblical truths Cultivate a positive mindset and resilience in the face of life s challenges Build and maintain healthy fulfilling relationships Embrace change and take bold steps toward your goals with courage and faith Misguided Thinking is more than just a book it s a roadmap to a renewed mind and a transformed life Whether you are seeking to overcome specific struggles or simply want to improve your overall mental and emotional health this book offers the guidance and support you need to navigate your journey Take the first step towards a brighter more positive future Equip yourself with the tools to correct and guide your thoughts in a healthier direction and experience the freedom and joy that comes from aligning your mind with God s truth Start your journey to mental and emotional transformation today with **MISGUIDED THINKING** Correct and Guide Your Thoughts in a Healthier Direction

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