



> hooked on a feeling <

how to live in emotional health

Part 3: Developing Positive Emotions

**Our emotional health
is like a garden:
Proverbs 24:30-34**





How to develop positive emotions:

1. Recognize that positive emotions come from God.

Luke 12:32



Love

1 John 4:6

Joy

Psalms 16:11

Peace

John 14:27

The Fruit of the Spirit

Galatians 5:22-23



How to develop positive emotions:

**2. Learn to strengthen
yourself in the Lord.**

1 Samuel 30:6



How to develop positive emotions:

3. Practice spiritual disciplines.

1 Timothy 4:7



How to develop positive emotions:

4. Act the way you wish you felt.

Philippians 4:8-9

**Are you developing
positive emotions?**

