



The
emotionally
HEALTHY CHURCH



NORTHRIDGE FRIENDS CHURCH

Mark 1:35-39

In the early morning, while it was still dark, Jesus got up, left *the house*, and went away to a secluded place, and was praying there. Simon and his companions searched for Him; they found Him, and *said to Him, “Everyone is looking for You.” He *said to them, “Let us go somewhere else to the towns nearby, so that I may preach there also; for that is what I came for.” And He went into their synagogues throughout all Galilee, preaching and casting out the demons.



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Luke 10:38-42

He entered a village; and a woman named Martha welcomed Him into her home. She had a sister called Mary, who was seated at the Lord's feet, listening to His word. But Martha was distracted with all her preparations; and she came up to *Him* and said, "Lord, do You not care that my sister has left me to do all the serving alone? Then tell her to help me." But the Lord answered and said to her, "Martha, Martha, you are worried and bothered about so many things; but *only* one thing is necessary, for Mary has chosen the good part, which shall not be taken away from her."



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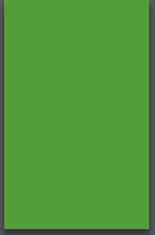
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Colossians 2:15-35

When He had disarmed the rulers and authorities, He made a public display of them, having triumphed over them through Him.

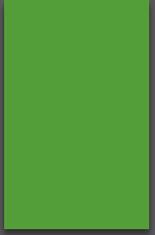
Therefore no one is to act as your judge in regard to food or drink or in respect to a festival or a new moon or a Sabbath day—things which are a *mere* shadow of what is to come; but the substance belongs to Christ. Let no one keep defrauding you of your prize by delighting in self-abasement and the worship of the angels, taking his stand on *visions* he has seen, inflated without cause by his fleshly mind, and not holding fast to the head, from whom the entire body, being supplied and held together by the joints and ligaments, grows with a growth which is from God.

Colossians 2:15-35 (cont.)



If you have died with Christ to the elementary principles of the world, why, as if you were living in the world, do you submit yourself to decrees, such as, “Do not handle, do not taste, do not touch!” (which all *refer to* things destined to perish with use)—in accordance with the commandments and teachings of men? These are matters which have, to be sure, the appearance of wisdom in self-made religion and self-abasement and severe treatment of the body, *but are* of no value against fleshly indulgence.

Colossians 2:15-35 (cont.)



Therefore if you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God. Set your mind on the things above, not on the things that are on earth. For you have died and your life is hidden with Christ in God. When Christ, who is our life, is revealed, then you also will be revealed with Him in glory.

Therefore consider the members of your earthly body as dead to immorality, impurity, passion, evil desire, and greed, which amounts to idolatry.



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