



# Emotional health

## A challenge and a possibility for adventists

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Hungarian Union Conference of SDA*

*Health Congress*

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# Emotional health

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**Emotional health can lead to success in work, relationships and health. In the past, researchers believed that success made people happy. Newer research reveals that it's the other way around. Happy people are more likely to work toward goals, find the resources they need and attract others with their energy and optimism – key building blocks of success."**

[www.apa.org](http://www.apa.org)

# Emotional health

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**“Emotional health and spiritual health are inseparable. [...] It is impossible for a Christian to be spiritually mature while remaining emotionally immature.”**

**Peter Scazzero, *The Emotionally Healthy Church*, 50.**

# Emotional health



**For some reason, however, the vast majority of Christians today live as if the two concepts have no intersection.**

**You can be a dynamic gifted speaker for God in public and be an unloving spouse and parent at home.**

**You can function as a church board member or pastor and be unteachable, insecure, and defensive.**



# Emotional health

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**You can memorize entire books of the NT and still be unaware of your depression and anger.**

**You can fast and pray for years as a spiritual discipline and constantly be critical of others.**

**You can pray for deliverance from the demonic realm when in reality you are simply avoiding conflict, repeating an unhealthy pattern traced back to the home in which you grew up."**

**Scazzero, 51.**

# Why is this so vitally important for our church community?

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**The disciple-making-process happens in the community. Only emotionally healthy disciples can create a healthy community. Only healthy communities can produce healthy disciples.**

Emotional health



Balanced disciples



Healthy communities



Successful mission

# First big question

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**How can we recognize an emotionally healthy person?**



# An emotionally healthy person is able to...

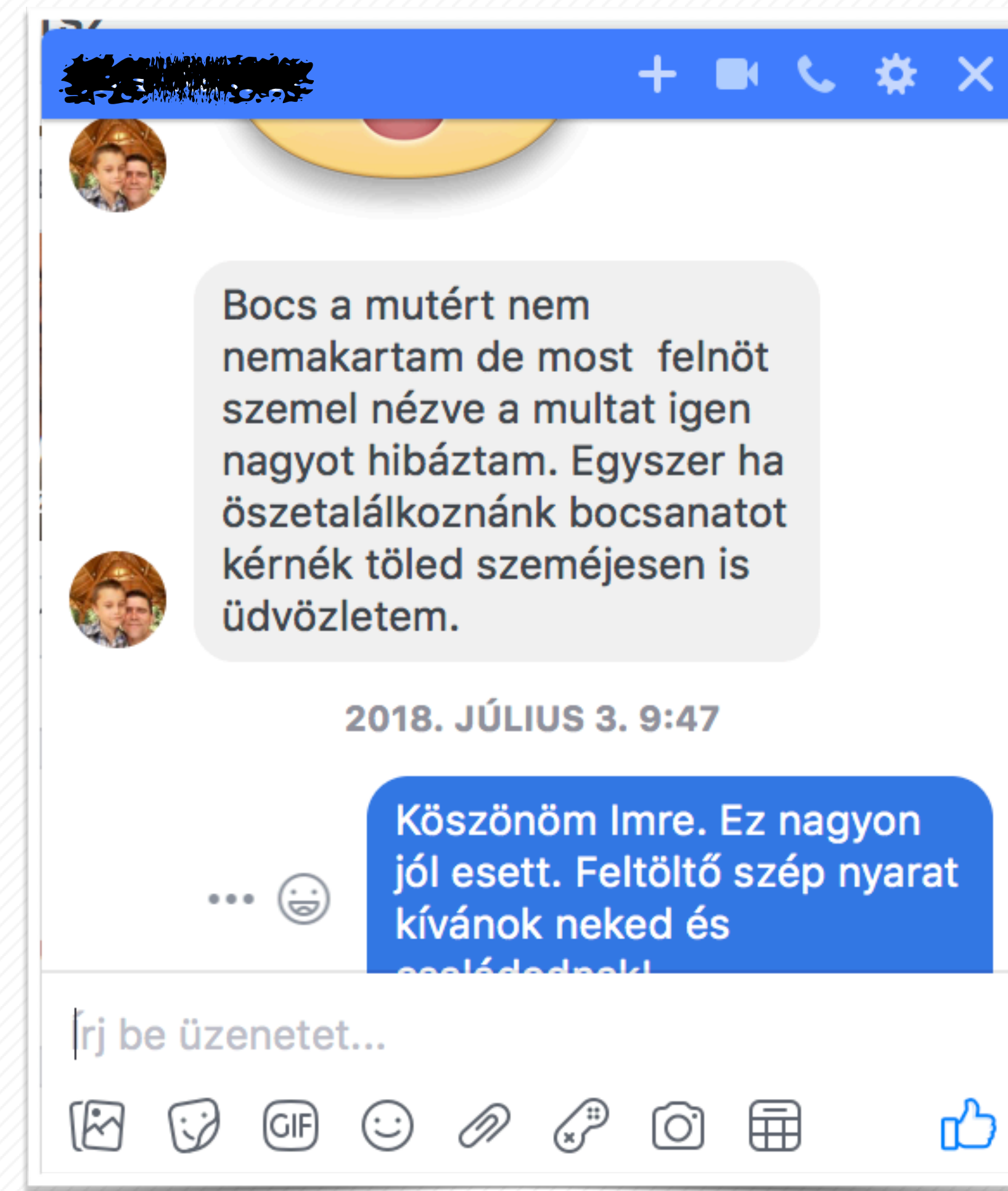
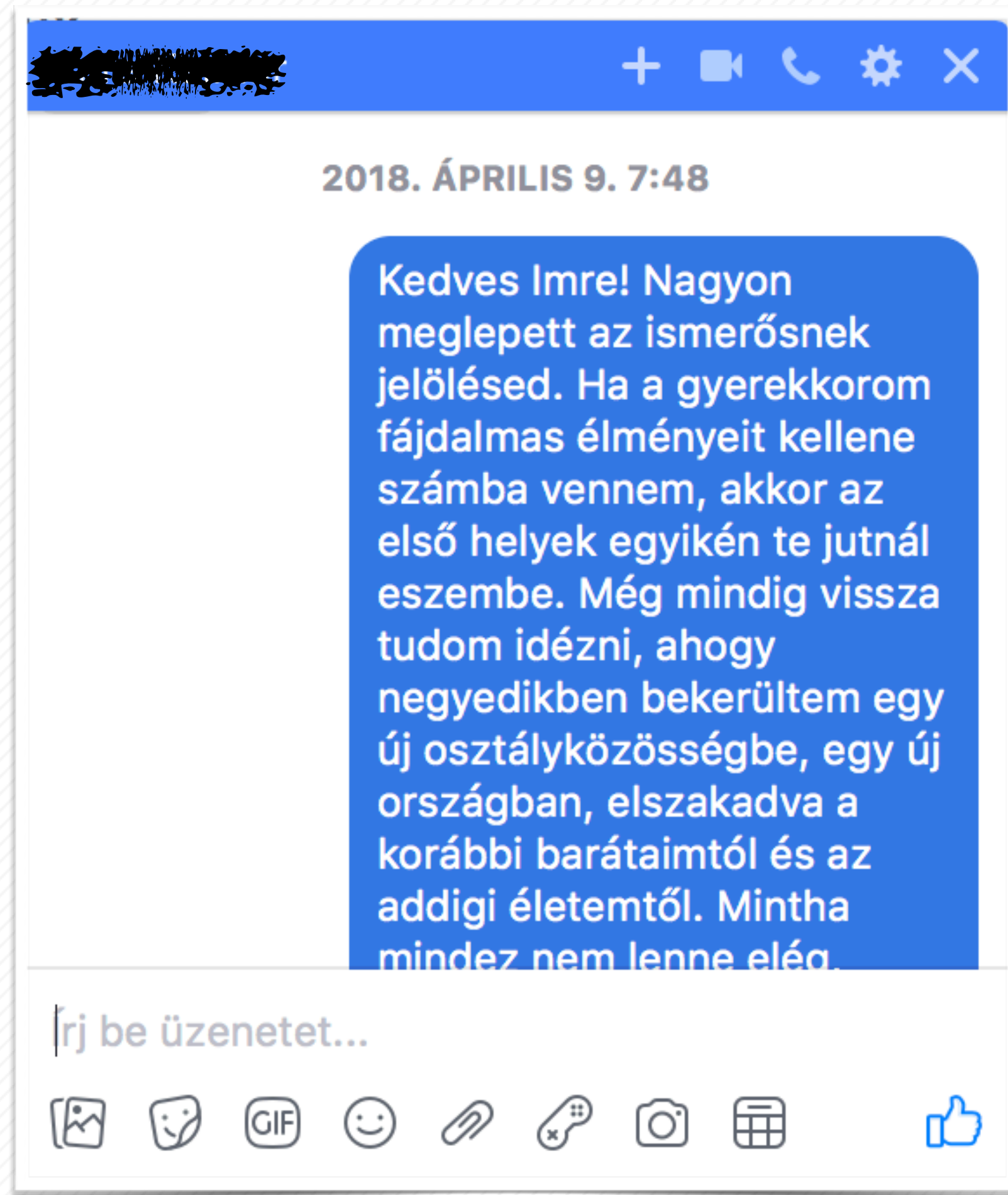
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## 1. To deal with their hurts from the past

Hurt people hurt people.

Revealing your feeling is the start of healing.

# How should I react to this?



**“If it is possible, as far as it depends on you, live at peace with everyone.”**

**Rom 12:18 NIV**



**An emotionally healthy person is able to find...**

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## **2. A sense of meaning and purpose in life**

Things don't necessarily have a meaning on their own, we create meaning to them.

“Those who find meaning even in this madness, have a chance to survive.” Viktor Frankl



**“ I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.”**

**Phil 4:11-13 NIV**

**An emotionally healthy  
person is able to...**

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**3. To regulate their emotions**

“You made me nervous”



**Above all else, guard your heart, for everything  
you do flows from it."**

Prov 4:23 NIV

Jesus made a whip of cords

**An emotionally healthy  
person is able to...**

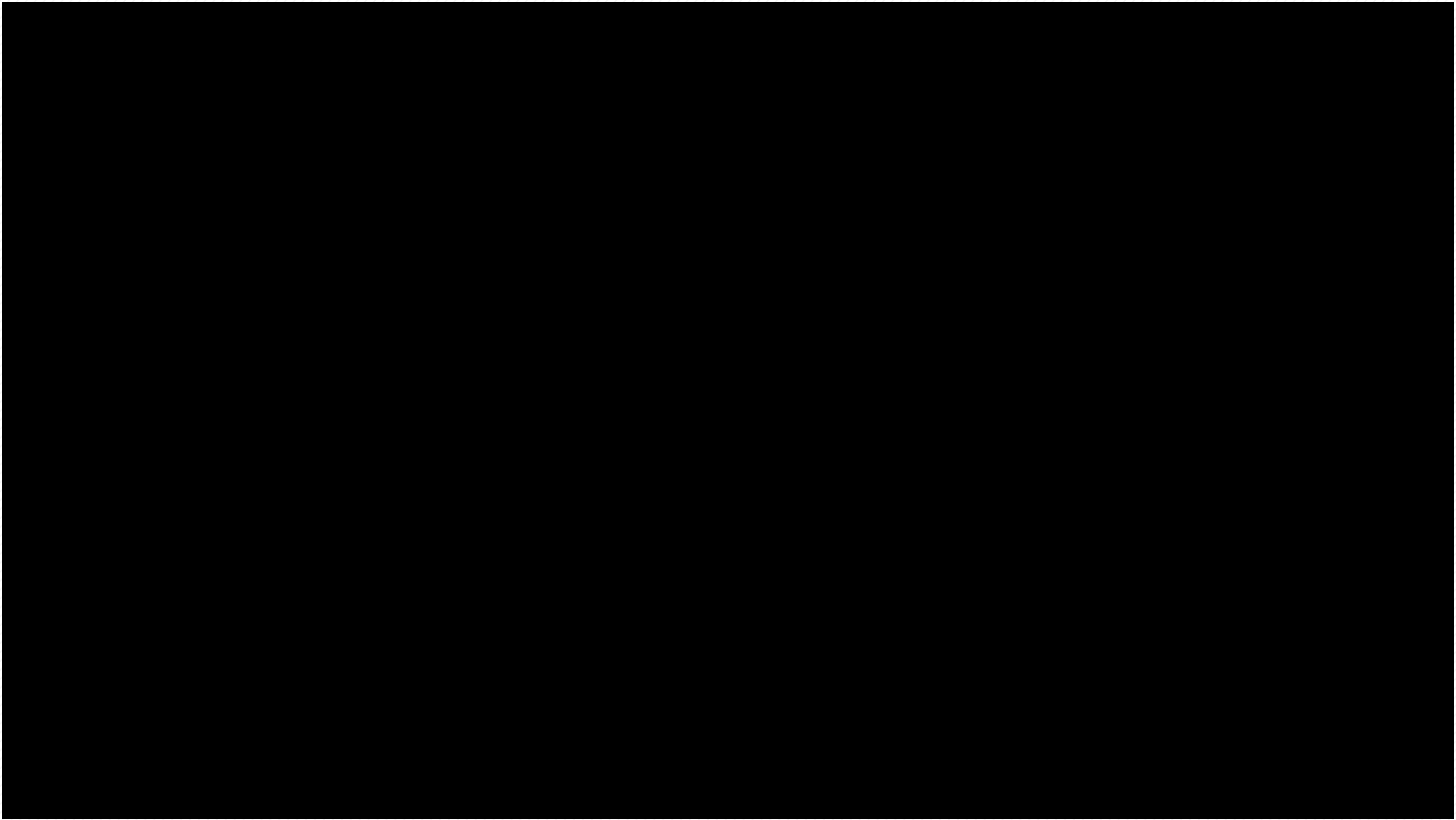
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**4. To delay gratification**



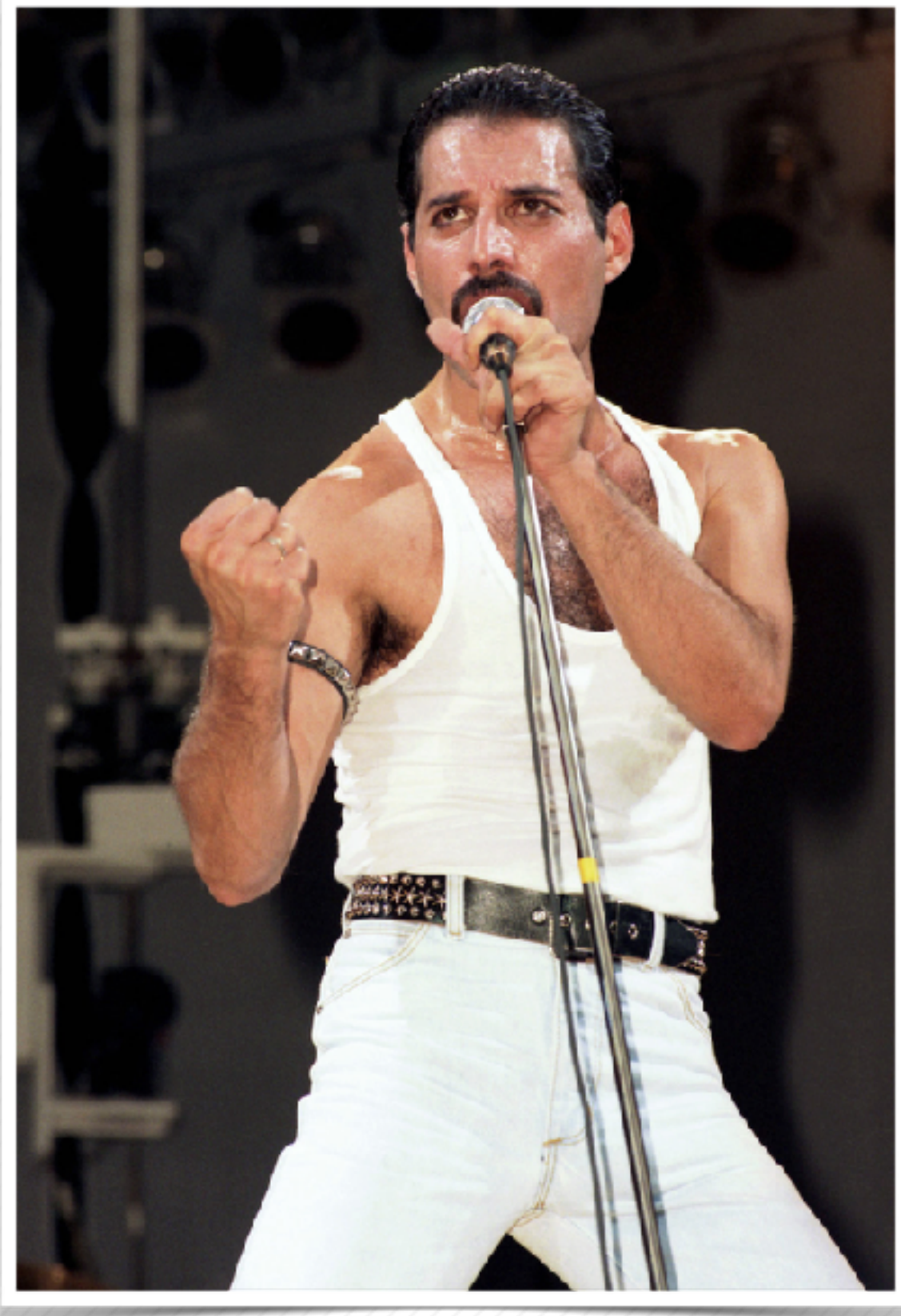
**“This calls for patient endurance on the part of the people of God who keep his commands and remain faithful to Jesus.”**

Rev 14:12



# The Marshmallow Test





**VS.**





**An emotionally healthy  
person is able to...**

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**5. To assume the good from  
the other**

What is your first reaction to a person or a situation?



**“ Love must be sincere. Hate what is evil;  
cling to what is good. Be devoted to  
one another in love. Honor one another  
above yourselves.”**

**Rom 12:9-10 NIV**



## NÉVJEGY

- 1974-ben született Kölnben, 1992 óta lakik Magyarországon. Három országban élt, a negyedikben tanult, négy nyelvet beszélt előadói szinten.
- 1995 óta házas, felesége Theisz Dóra pszichológus, két gyerekük van.
- 1996 óta a Hetednap Adventista Egyház lelképásztora, 2002 óta párterapeuta.
- 1999–2002 között egy német időotthonban dolgozott betegápolóként és lelkipáterként.
- Párterápiás képzését a világ számos pontján, a szakma legnagyobb neveltől szerezte, előadásaival Dél-Afrikától az USA-ig megfordult már mindenütt.
- Gyűrű-kúra című, a boldog házasságra felkészítő könyve amerikai megjelenésében dr. Willie Oliver amerikai családszociológus segítette.

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Új feleségem van - ne higgyétek el, a hír hamis!

A Nők Lapja aktuális számában megjelent velem egy interjú, amelynek szövegét ugyan megkaptam előre és jóváhagytam, de a lap szélén lévő névjegy rovatot nem kaptam meg előre.

Aztán jött a meglepetés: "felesége Theisz Dóra pszichológus, két gyerekük van."

Történetesen az én feleségem is Dóra, és Dóra Theisz férje is Gábor (bocsánat Gábor Theisz, nem akartam elvenni a feleségedet!), mindkét házaspárnak 2 gyereke van, de az én feleségem Mihalec Dóra, aki nem pszichológus, hanem a Hetednap Adventista Egyház gyermekszolgálatának a vezetője, és a Mosoly gyermekmagazin főszerkesztője.

Szóval, olvassátok a Nők Lapját, különösen a benne lévő Közeli interjút, de a feleséggel kapcsolatos részt kellő fenntartással kezeljétek!

Nagyon szeretem a feleségemet és nincs szándékomban lecserélni 😊. Még egyszer bocsánat Theiszek!!!



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Akárm is jön be azon a kapun... – Közeli Dr. Mihalec Gábor párterapeutával | Nők Lapja

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15 hozzászólás 7 megosztás

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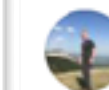
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9 hozzászólás 7 megosztás

Tetszik

Hozzászólás

Megosztás



Gábor Theisz Hát én nagyon jól nevettem ezen mikor az én Dórim ezt megmutatta. Igazából azt nem érzem hogy miként került oda feleségem neve, ezek szerint ismernie kellett neki őt is...

Tetszik · Válasz · 8 hete



Oravec Éva Csilla Elnézést, az én hibám volt 😊.

Tetszik · Válasz · 8 hete



Válasz írása...



Gábor Mihalec Nem is tudom, hogy sírjak, vagy nevessek! Szerintem látták a közös fótónkat a Ketten Együtt Napról és összekapcsoltak bennünket. Örülök, hogy neveltél rajta és nem vetted zokon.

Tetszik · Válasz · 8 hete



Gábor Theisz Annyira szürreális volt, nem tudtam nem nevetni. Rádadásul pont te vagy aki a megcsalás ellen colgozol 😊

Tetszik · Válasz · 8 hete



Gábor Mihalec



Tetszik · Válasz · 8 hete



Válasz írása...



# An emotionally healthy person is able to...

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## 6. To adapt to life's challenges

1 solution for every problem or a wide spectrum of possible solutions?

Einstein's definition of insanity: "Doing the same thing over and over again and expecting different results."



**To the Jews I became like a Jew, to win the Jews. To those under the law I became like one under the law (though I myself am not under the law), so as to win those under the law. To those not having the law I became like one not having the law (though I am not free from God's law but am under Christ's law), so as to win those not having the law."**

**1Cor 9:20-21 NIV**



# An emotionally healthy person is able to...

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## 7. To express their emotions and needs in a direct non-judgmental way

Indirect: "Do you really need to drive like an idiot?"

Direct: "I don't feel safe at this speed, would you please drive a bit slower?"

**“When Jesus said this, one of the officials nearby slapped him in the face. “Is this the way you answer the high priest?” he demanded. “If I said something wrong,” Jesus replied, “testify as to what is wrong. But if I spoke the truth, why did you strike me?”**

**John 18:22-23 NIV**

**An emotionally healthy person is able to keep...**

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## **8. Jesus in the center of their faith**

Every person has an organizing power in the middle of their life. This will determine everything else.





**Remember Jesus Christ, raised from the dead,  
descended from David. This is my gospel."**

**2Tim 2:8 NIV**

**"But even if we or an angel from heaven should  
preach a gospel other than the one we preached to  
you, let them be under God's curse! As we have  
already said, so now I say again: If anybody is  
preaching to you a gospel other than what you  
accepted, let them be under God's curse!"**

**Gal 1:8-9 NIV**



# There is a Jesus-shaped hole in every human soul

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# False gospels: The gospel of the right...

- food,
- music,
- clothing style
- ...

# What can the church do?

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**1. Put Jesus in the center of every sermon, doctrine, church activity.**

# What can the church do?

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**2. Teach and preach about emotions and emotional health.**  
A challenge for our theological institutions.



# What can the church do?

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**3. Keep the balance between experience and knowledge, heart and mind.**

# What can the church do?

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**4. Put emotionally balanced people in leadership positions.**

# What can the church do?

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**5. Widen the mission perspective. The magic word is BALANCE. In our aim to avoid favoritism, we became a favoriting church.**

“When you give a banquet, invite the poor, the crippled, the lame, the blind.” Lk 14:13



# What can the church do?

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**6. Motivate to self reflection through making yourself vulnerable.**

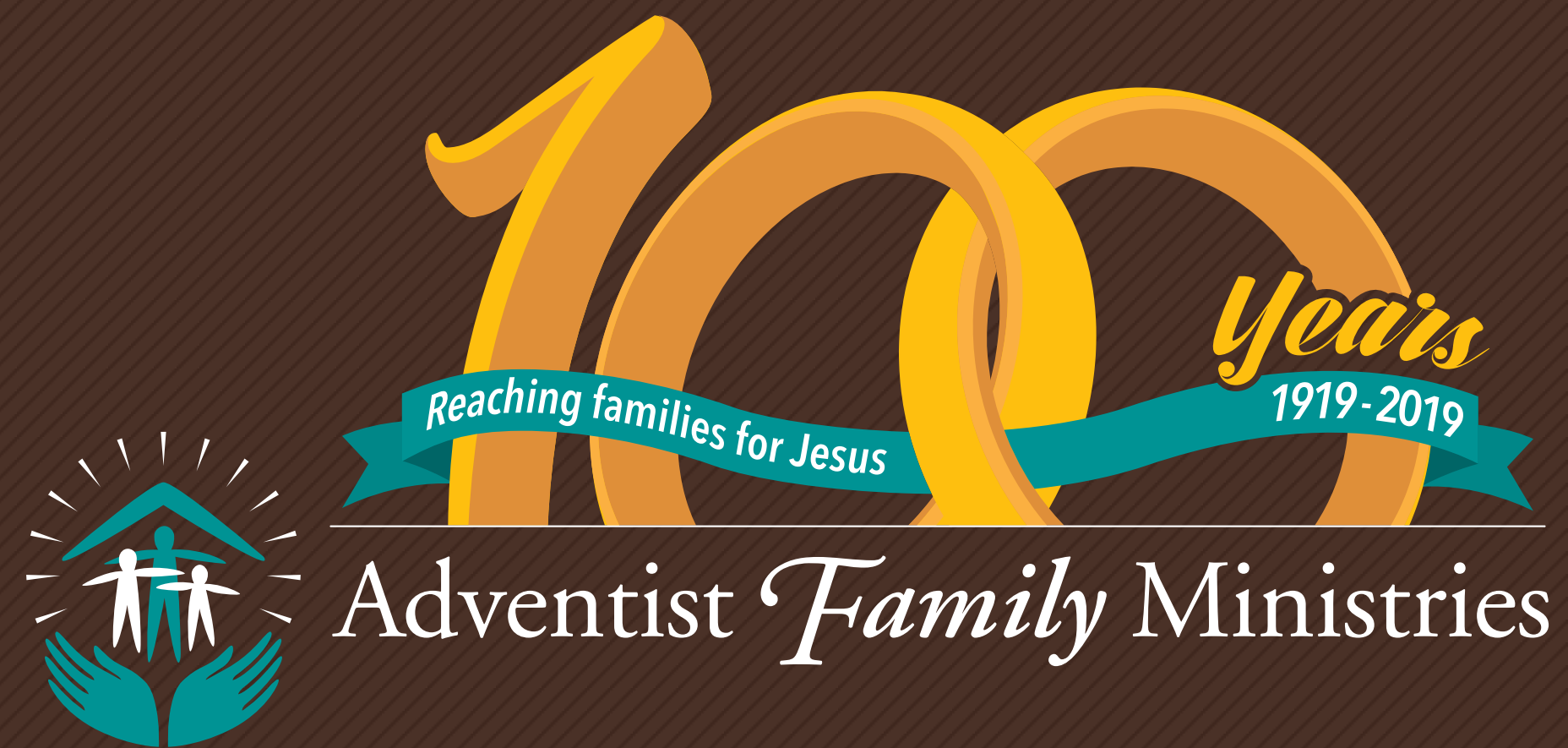
# Let's stay connected



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Adventist *Family* Ministries



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1. What kinds of emotional health issues do you face in your ministry?
2. Which principles can you recognize in the Bible concerning emotional health?
3. How can you contribute to emotionally healthy discipleship in your area of ministry?

