

Class Overview and mission / purpose statement:

1. Healthy Emotions and Feelings are a part of Gods design for you.
2. Having emotional struggles or a mental illness is not a sin.
3. Secular Counselors and Psychiatrists will not discuss the issue of sin.
4. Understanding Fault and Responsibility is the key to good mental health.
5. Learning about the way we think and why we behave the way we do, is key to renewing the mind.
6. Emotional Health and Spiritual Maturity are inseparable.
7. We can change. We can overcome.

Class Overview and mission / purpose statement:

1. Healthy Emotions and Feelings are a part of Gods design for you.
2. Having emotional struggles or a mental illness is not a sin.
3. Secular Counselors and Psychiatrists will not discuss the issue of sin.
4. Understanding Fault and Responsibility is the key to good mental health.
5. Learning about the way we think and why we behave the way we do, is key to renewing the mind.
6. Emotional Health and Spiritual Maturity are inseparable.
7. We can change. We can overcome.