

A man is sitting in a wooden armchair, reading a book. He is positioned in front of a large window with sheer curtains, through which bright sunlight is streaming, creating a warm, golden glow. The room is dimly lit, with the primary light source being the window. To the left of the man is a small wooden side table with a few decorative items. To the right is a bookshelf filled with books. The overall atmosphere is peaceful and contemplative.

Completely Whole

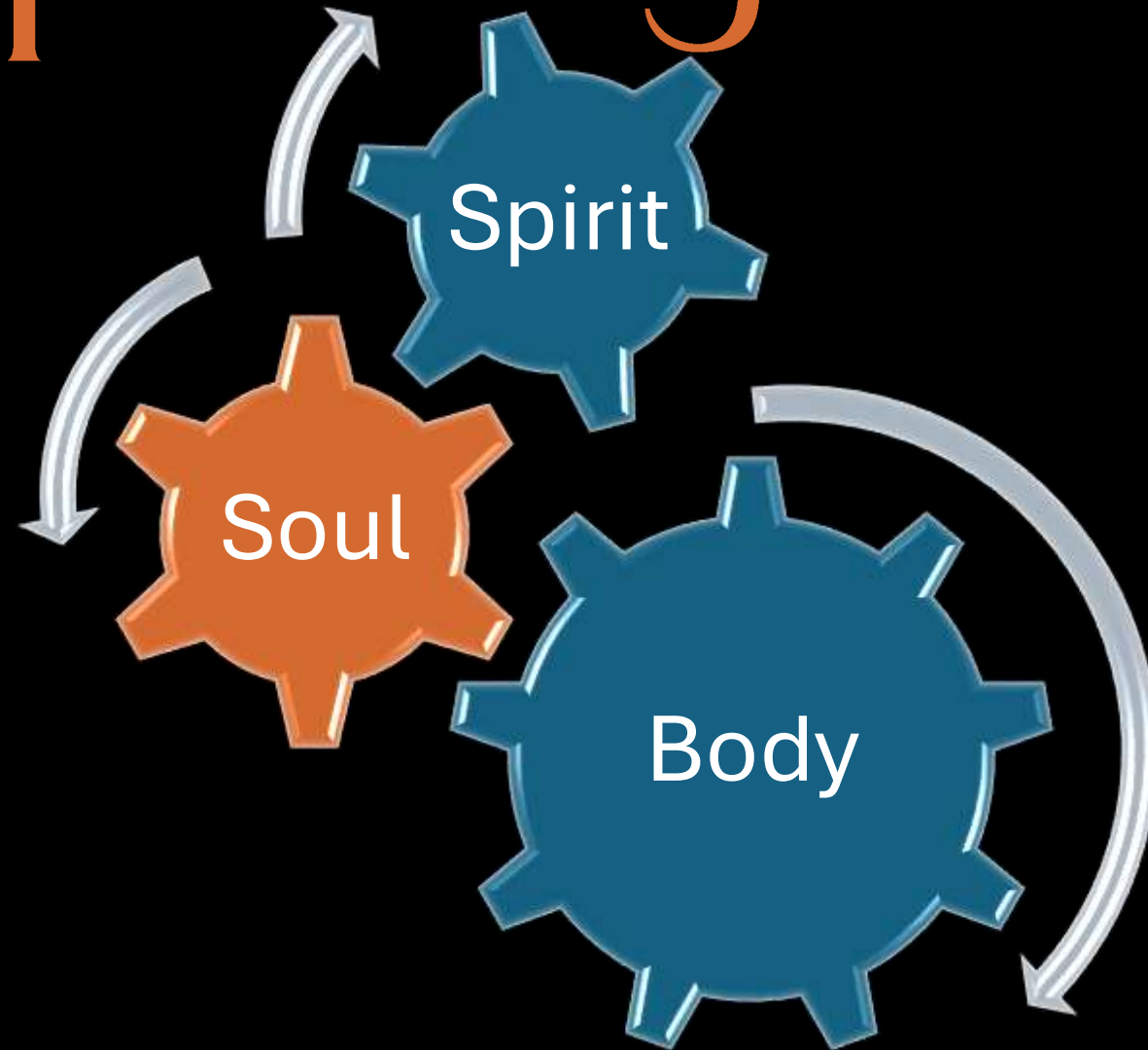
Now may the God
of peace himself
sanctify you

completely,
and may your
Whole spirit and
soul and body be
kept blameless at
the coming of our
Lord Jesus Christ.

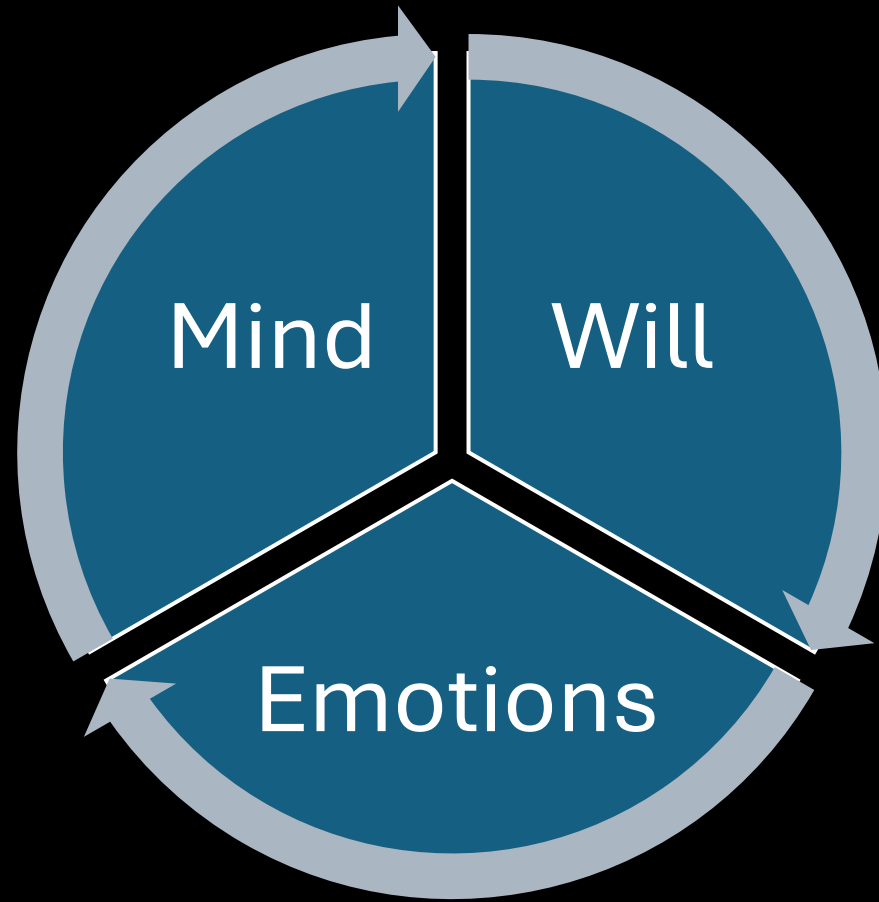
1 Thes 5:23 ESV



Completely Whole



Whole Soul



Power of the Soul

Guard your heart above all else, for it determines the course of your life.

Pro 4:23 NLT

Intentionality

Thought / Emotions

Will

Action



A close-up, low-angle shot of a person's hands working on a wooden chair. The person is wearing a white long-sleeved shirt and a dark apron. Their right hand holds a piece of sandpaper, and their left hand holds a paintbrush. They are applying paint to the seat of the chair. The lighting is warm and dramatic, highlighting the textures of the wood, the brush, and the person's hands. A semi-transparent dark triangle is overlaid on the right side of the image, containing the text "Whole Emotions" in a serif font.

Whole Emotions

Completely Whole

When God Sanctifies my Emotions

He sets my feelings apart to love, accept, comfort,
heal and encourage others

Consecration

Strive to live in peace with everyone and pursue that consecration and holiness without which no one will [ever] see the Lord... .

Heb 12:14-15 (AMP)

Consecration

... dear friends, let us cleanse ourselves from everything that can defile our body or spirit. And let us work toward complete holiness because we fear God.

2 Cor 7:1 (NLT)



What are my Emotions?

What are my Emotions?

Emotions are complex reactions both physical and mental, that we experience in response to stimuli, events, or situations. They involve subjective feeling, a physiological response, and often a behavioural or expressive reaction.

Examples of emotions include happiness, sadness, anger, fear, surprise and disgust.

What are my Emotions?

“When you shut down emotion, you’re also affecting your immune system, your nervous system. So the repression of emotion, which is a survival strategy, then becomes the source of physiological illness later on.”

Gabor Maté

What are my Emotions?

Emotional Dysregulation:

An inability to effectively regulate emotions

What are my Emotions?

All the days of the desponding and afflicted are made evil [by anxious thoughts and forebodings], but he who has a glad heart has a continual feast [regardless of circumstances].

Prov 15:15 (AMPC)

What are my Emotions?

“Feelings are like children. You don’t want them driving the car, but you shouldn’t stuff them in the trunk either.”

Hailey Paige Magee

Trauma



Trauma

“I have told you this so that you may have **peace** in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.” - Jesus

John 16:33 (NLT)

Trauma

“Trauma is not what happens to you; trauma is what happens inside you as a result of what happens to you.”

Gabor Maté

Trauma

Trauma shatters your most basic assumptions about yourself and your world – “Life is good,” “I’m safe,” “People are kind,” “I can trust others,” “The future is likely to be good” – and replaces them with feelings like “The world is dangerous,” “I can’t win,” “I can’t trust people...”

Mark Goulston

A photograph of a person sitting in a wooden chair, with their hands clasped in front of them. The person is wearing a light-colored shirt. The image is dimly lit, with a strong light source from the right creating a warm, golden glow. Overlaid on the center of the image is a white, irregular brushstroke shape. Inside this shape, the word "Anger" is written in a serif font, colored in a warm, orange-brown hue.

Anger

Anger

Anger shows you what you are passionate about, where your boundaries have been violated and what you believe needs to change about the world.

Get Rid of Anger

But now is the time to get rid of anger, rage, malicious behaviour, slander, and dirty language...

Col 3:8 (NLT)



Love
Sanctifies

Love Sanctifies

Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes. God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure.

Eph 1:4-5 (NLT)

Love Sanctifies

Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.

Col 3:12-15 (NLT)

Love Sanctifies

Above all, clothe yourselves with love, which binds us all together in perfect harmony. And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful.

Col 3:12-15 (NLT)

Love Sanctifies

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!

Gal 5:22-23 (NLT)

A close-up, warm-toned photograph of a person's hands painting a wooden chair. The person is wearing a white long-sleeved shirt. Their right hand holds a paintbrush, applying paint to the side of the chair's seat. Their left hand rests flat on the top surface of the seat. The background is softly blurred, showing more of the chair and the person's torso. The overall mood is calm and focused.

Emotional Regulation

THE SANCTIFIED WAY

Emotional Regulation

THE SANCTIFIED WAY

- Journal your prayers and emotions – Ps 62:8
- Pray through your feelings step by step – Phil 4:6-7
- Use Gratitude to Shift your Focus – 1 Thes 5:18
- Stop carrying what God has already removed from you – 1Pet 5:7; Ps 55:22

Emotional Regulation

THE SANCTIFIED WAY

- Use the Psalms to help you find words – Ps 42:5-6
- Remain present – don't dwell on the past and don't worry about the future – Ps 30:5; Isa 43:19; Phil 1:6
- Rest – Matt 11:28-30

I pray that from his glorious unlimited resources he will empower you with inner strength through his Spirit. Then Christ will make his home in your hearts as you trust in him.

Eph 3:16-19 (NLT)



Your roots will grow down into God's love and keep you strong. And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is.

Eph 3:16-19 (NLT)



May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God.

Eph 3:16-19 (NLT)



A close-up, low-angle shot of a person's hands working on a wooden chair. The person is wearing a white long-sleeved shirt and a dark apron. Their right hand holds a piece of sandpaper, and their left hand holds a paintbrush. They are applying paint to the seat of the chair. The lighting is warm and dramatic, highlighting the textures of the wood, the brush, and the person's hands. A semi-transparent dark triangle is overlaid on the right side of the image, containing the text "Whole Emotions" in a serif font.

Whole Emotions

FIRST | 18:00
WEDNESDAYS | RIVER OF LIFE

PRAYER GATHERING



So Peter was kept in prison,
but the church was earnestly
praying to God for him.

Act 12:5 NIV



NEXT
GATHERING
18:00

WEDNESDAY

4 JUNE 2025

