

Emotionally Healthy Spirituality as an Asian-American

December 29, 2022

1:45 pm

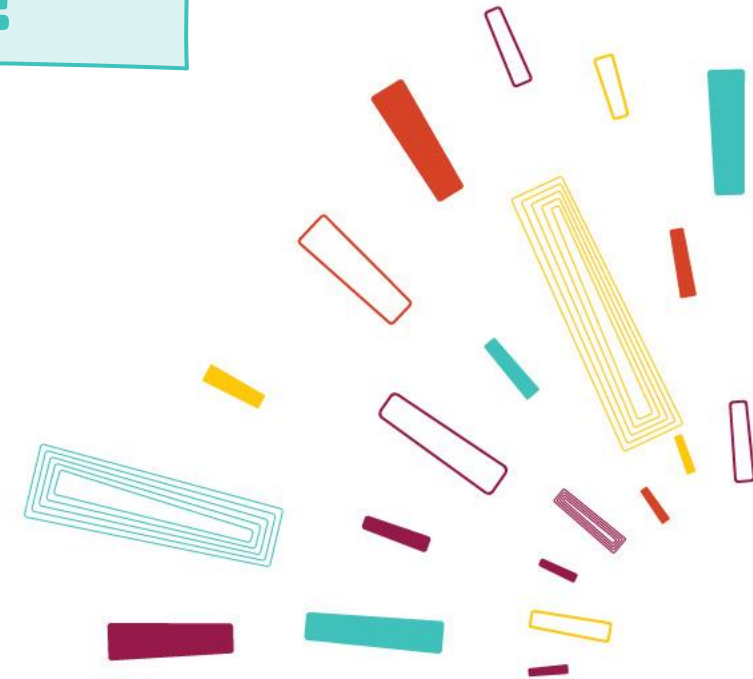



Three Questions

How did salvation enter your family?

What is your view of success?

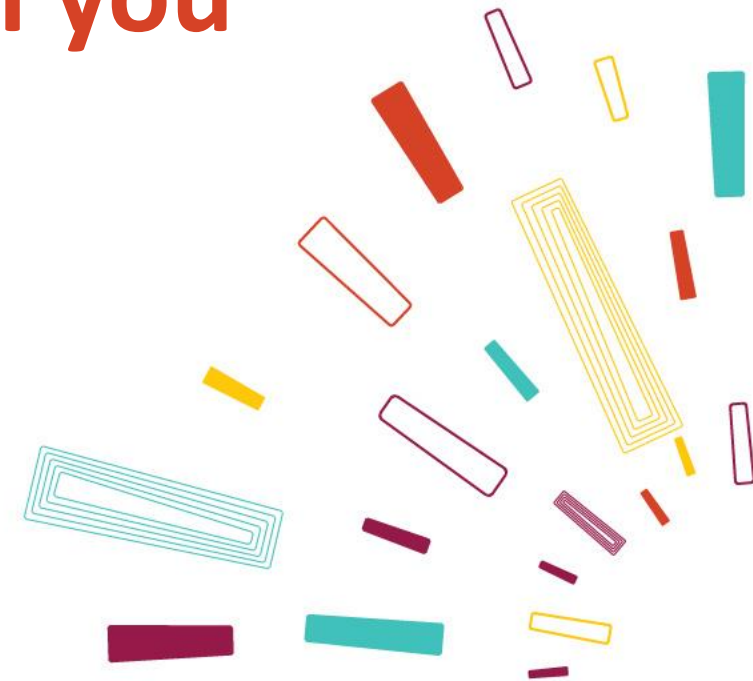
What is your relationship with your parents like?



A cluster of colorful rectangular confetti pieces in shades of yellow, teal, purple, and red, scattered in the top-left corner.

“In all my prayers for all of you,
I always pray with joy because of your
partnership in the gospel from the first day
until now, being confident of this,
that **he who began a good work in you**
will carry it on to completion
until the day of Christ Jesus.”

Philippians 1:4-6



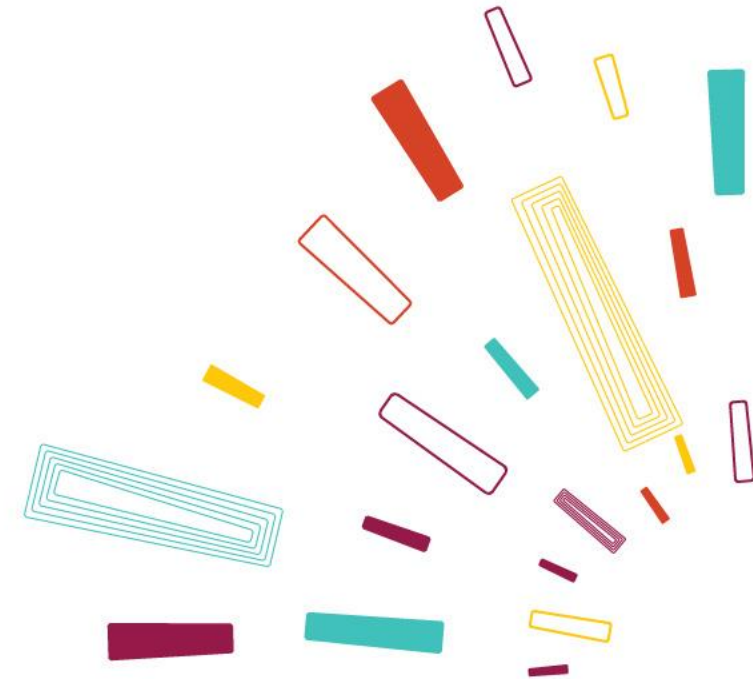
“For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— not by works, so that no one can boast.

For we are God’s handiwork,
created in Christ Jesus to do good works,
which God prepared in advance for us to do.

Ephesians 2:8-10

A decorative graphic in the top-left corner consisting of several small, colorful rectangles in shades of yellow, teal, purple, and red, arranged in a scattered pattern.

**God is good
God is loving
God is at work**





God is good God is loving God is at work

“One of those listening was a woman from the city of Thyatira named Lydia, a dealer in purple cloth. She was a worshiper of God.

The Lord opened her heart to respond to Paul’s message.”

Acts 16:14




A cluster of colorful rectangular shapes in shades of yellow, teal, maroon, and purple, scattered in the top-left corner.

Immanuel Journaling

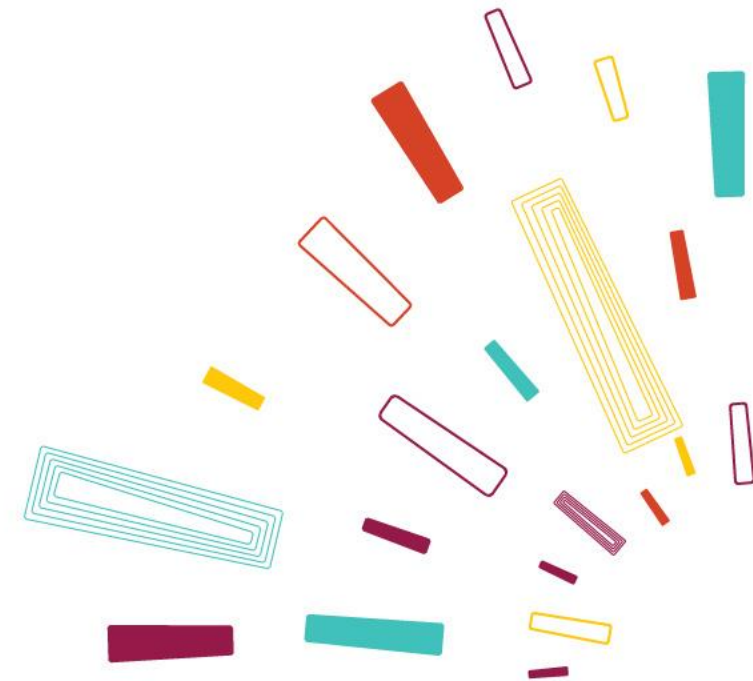
- I can see you...
- I can hear you...
- I understand how this feels for you...
- I am glad to be with you ...
- I can do something about what you are going through...

Read aloud to a prayer friend



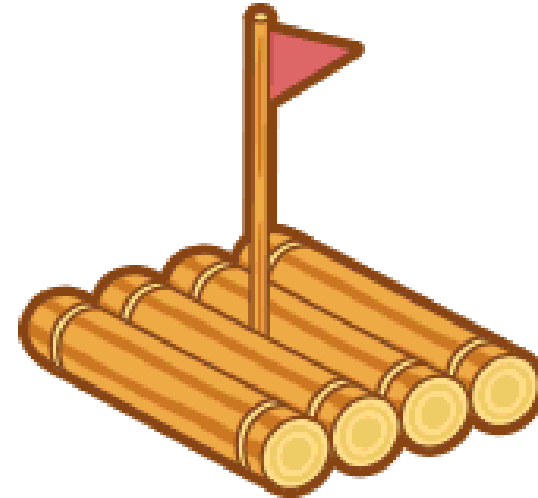
A light teal rounded rectangular box with a thin teal border containing the text "What is your relationship with your parents like?".

What is your relationship with your parents like?



Building a RAFT for life transitions

- Reconciliation
- Affirmation
- Farewells
- Think Destination



Helpful resource websites:

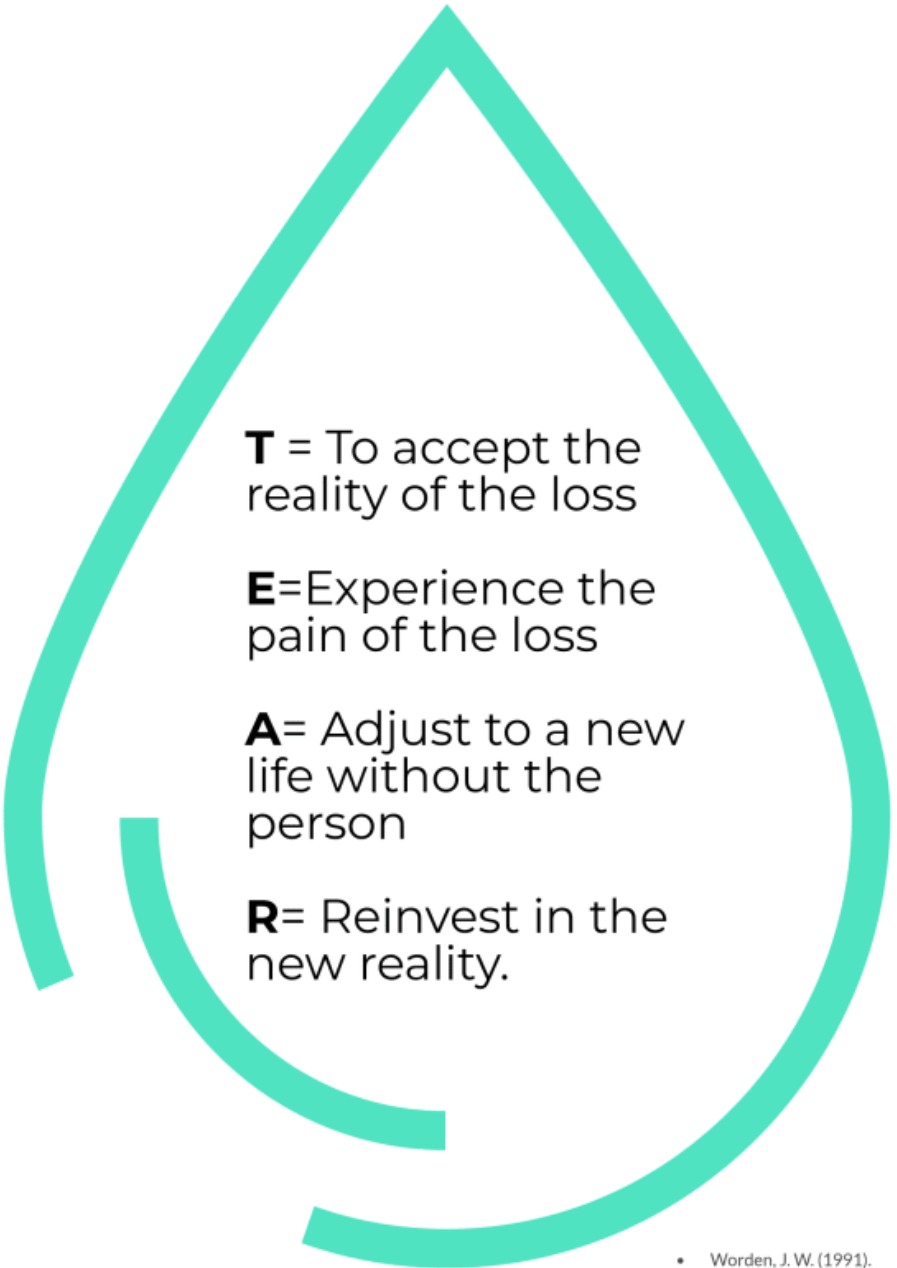
seebeyond.cc

cccw.care

missionarycare.com

4 Tasks of Grief

William Worden



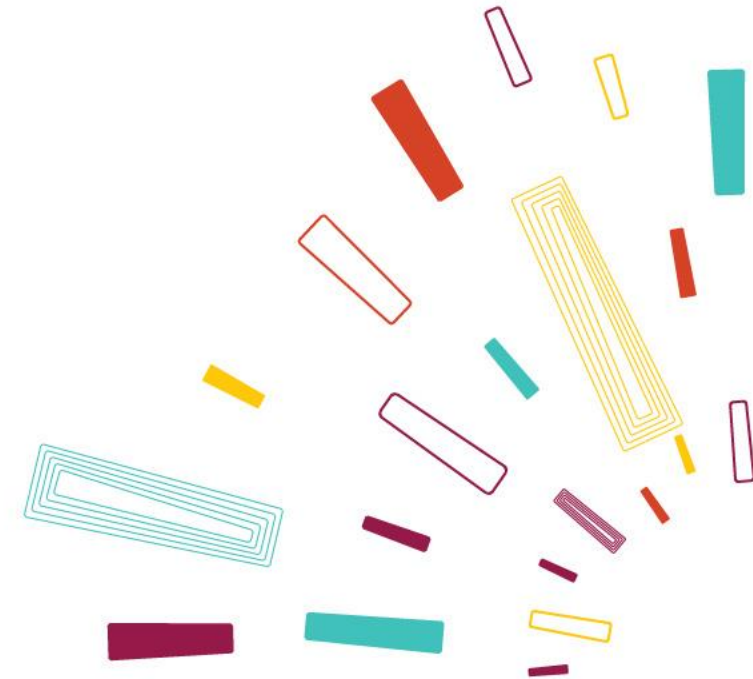
T = To accept the reality of the loss

E = Experience the pain of the loss

A = Adjust to a new life without the person

R = Reinvest in the new reality.

• Worden, J. W. (1991).



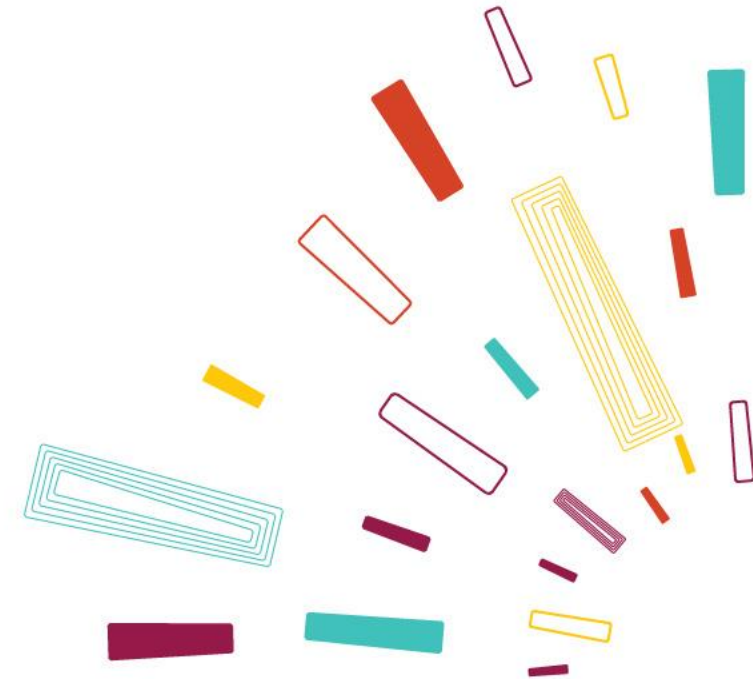
A large yellow outline of a triangle, centered on the page. Inside the triangle, the words "Surrender", "Significance", "Security", and "Survival" are stacked vertically in a dark purple, bold, sans-serif font.

Surrender

Significance

Security

Survival

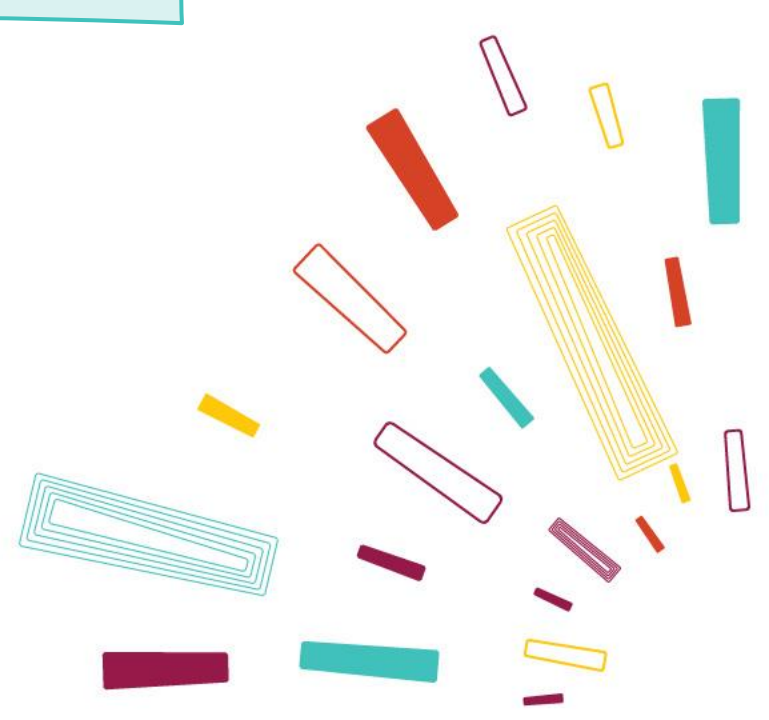


A cluster of colorful rectangular confetti pieces in shades of yellow, orange, red, purple, and teal, scattered in the top-left corner.

How did salvation enter your family?

What is your view of success?

What is your relationship with your parents like?

A large, scattered collection of colorful rectangular confetti pieces in various colors (red, yellow, teal, purple, orange) and some with multiple outlines, located in the bottom-right corner.