

jealousies increase the spiritual peace and devotion of others? Such questions may be asked ad infinitum and the answers are always negative. Getting your mind off yourself and onto others is the big point and is supported by the concepts of Philippians 2:1-4. This is the second command and differs from the first only in the object of our affections. The totality of giving and the selfless surrender are the same. There are three basic points that aid the development of this concept:

- a. The example of the Lord (John 13)
- b. The concept of the Body (1 Cor 12)
- c. The means of Health (Romans 14)

I know it does not happen quite so automatically but it is a practical matter and its lack of occurrence is generally due to our lack of application.

C. Conclusion

While much more might be said, these are the essential grounds of emotional stability: love of God and love of others. They galvanize our forces for proper use and deny them to selfishness and self-centeredness, both of which are great causes of emotional disruption. They are only possible, of course, when Christ is known as Savior and recognized as Lord.

III. MEANS OF PERSONAL EMOTIONAL CARE

Paul urged a self-care upon Timothy in 1 Tim 4:16 and there are aspects of this that fit us all. In this discussion we will outline four steps of personal emotional care. The key item to all of these is appropriation supported by trust. But one must be willing to exercise the means of emotional care rather than to complain about the lack of the subject.