

Emotional Starvation - Daily Exercises

Thoughts and questions for reflection, writing, and prayer to enhance personal growth.

Day 1

Write about a time when you felt dry and empty emotionally. Were there people around? What happened that led up to that feeling? What were you thinking about at the time? Did you have any close relationships that you were investing in? Some relationships are nourishing and healthy, others can be destructive and emotionally draining. Can you think of a relationship you have had that was healthy and one that was draining? What were the differences between them? Based on that, how can you identify those with whom you can have healthy relationships in the future?

Day 2

Read these passages on pleasure and answer the questions below:

PROVERBS 10:23 (NIV)

A fool finds pleasure in evil conduct, but a man of understanding delights in wisdom.

According to this verse, can different people find pleasure in different things?
Can we choose where we find pleasure in?

PSALM 1:2 (NIV)

But his delight is in the law of the LORD, and on his law he meditates day and night.

According to this verse, can we find pleasure and enjoyment in something that we didn't find pleasure in doing at a previous time?

Day 3

Memorize

GALATIANS 6:2 (NIV)

Carry each other's burdens, and in this way you will fulfill the law of Christ.

Day 4

One of the very important things to become skilled at in life is "taking time to smell the roses." So many of us are rushing on a mission to get to our next thing to do that we fail to enjoy the moments we have in life. What are some things you really enjoy doing? Some things that leave you feeling refreshed? If you don't know of anything, you need to take some time to begin to discover them. In his book "The Screwtape Letters" CS Lewis tells us that one of the tactics of the enemy is to get us to become so goal-oriented that we lose sight of the simple pleasures in life. The problem with losing sight of those is you begin to no longer enjoy life, and become empty inside. For one week, commit to taking 10-15 minutes a day to thinking about what it is that you can enjoy in life, and what you can do that is refreshing. Things you can find pleasure in.

Day 5

What are some ways you can become more interesting? What are some things you would like to pursue? How can you incorporate other Christians you know into these pursuits? What are some healthy positive things you can do with others? It is often the constructive things we do with others that create the most enjoyable memories. Begin thinking of how you can invest in the relationships you have now to make them richer.