

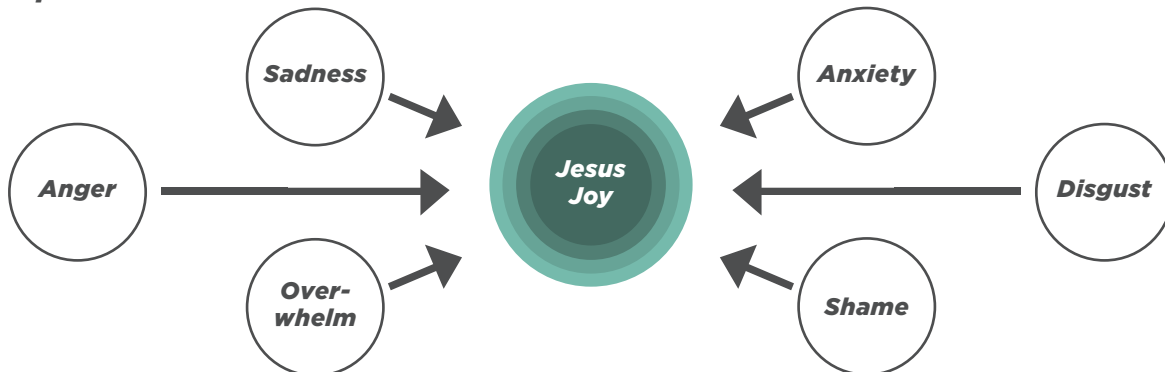
HOW TO DEAL WITH YOUR DARK SIDE

Learning to deal with your dark side is an important part of our maturity. God cares about your whole life and wants to shine His light into your darkness. You don't have to hide your mistakes, struggles, temptations, or negative emotions from Him. We grow when we bring our darkness into the light of Jesus. If we are stuck in negative emotions, chances are we need to name it and tell God and someone we trust about it. Below, are a few tools to help you deal with negative emotions.

Bring your darkness into the LIGHT:

- **L:** List your negative feelings, thoughts, or struggle on paper
- **I:** Invite God to be with you in your struggle (rather than try to control it yourself)
- **G:** Gospel: let God speak to you and remind you of the truth of His love, grace, and power
- **H:** Help: write down how you want God to help you and what you believe He is saying to you
- **T:** Tell someone else you trust about what you are going through (sharing your struggle with God and someone you trust is the best way to deal with negative emotions)

*For you were once darkness, but now you are light in the Lord. Live as children of light.
Ephesians 5:8*



Grief and Gratitude List: The Psalms are filled with laments to grieve what is broken in the world and turn to God to find hope. Naming what you are grieving and grateful helps us return to spiritual health.

Grief: What am I frustrated about?

Gratitude: What am I thankful for?

*I cry aloud to the LORD; I lift up my voice to the LORD for mercy.
I pour out before him my complaint; before him I tell my trouble.
Psalm 142:1*