

When Life Throws You a Curve, You've Gotta Learn to Swerve!

By Dr. David H. McKinley

Country music has a reputation for being simple, practical poetry. In most cases, country music deals with conflicting emotional experiences as in the phrase found in Rascal Flatts' song entitled "These Days:" *Yeah, life throws you curves, but you learn to swerve.*

Economy's effect on mental health:

- 18% Focused on living today
- 16% Reprioritized time spent at work
- 11% No real effect
- 55% Increased overall stress and insecurity about the future

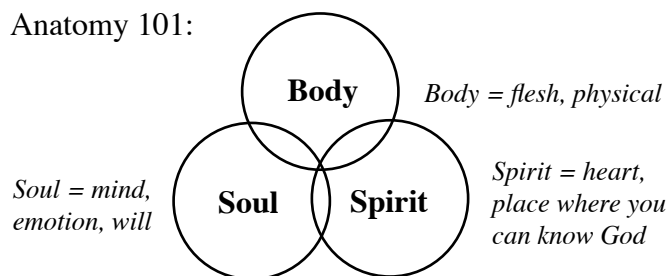
—From *Layoffs Deliver Storm of Emotional Troubles*
USA Today, October 29, 2002

When faced with curves, you have to learn to adjust on the inside.

EXPLORE THE WONDER OF YOUR DESIGN

"My son, give attention to my words; incline your ear to my sayings. Do not let them depart from your eyes; keep them in the midst of your heart; for they are life to those who find them, and health to all their flesh. Keep your heart with all diligence, for out of it spring the issues of life." Proverbs 4:20-23

Anatomy 101:



"A sound heart is life to the body, but envy is rottenness to the bones." Proverbs 14:30

"A merry heart makes a cheerful countenance, but by sorrow of the heart the spirit is broken."

Proverbs 15:13

"A merry heart does good, like medicine, but a broken spirit dries the bones." Proverbs 17:22

You are made to live from the inside out.

EXAMINE THE IMPORTANCE OF "SOUL" CARE

1. **Your feelings are controlled by your thoughts.**
"For as he thinks in his heart, so is he." Prov. 23:7
2. **Feelings are not a good judge of whether life is good or not.**
"Emotional experience in the western world has become the primary motivation of values, actions and spiritual beliefs."
—Dr. James Dobson
3. **Feelings have a great impact on your body.**
"The mind, body and soul are close neighbors—one usually catches the ills of another."
—Dr. James Dobson
4. **If you change your thoughts, your feelings follow.**
"Exalt her [wisdom], and she will promote you; she will bring you honor, when you embrace her." Proverbs 4:8

EXPAND YOUR "SWERVABILITY"

HOW?

- ▶ Devotion (Proverbs 3:5-6)
- ▶ Discipline: Read, Recreate, Relationships
- ▶ Development
- ▶ Dance