

Reading: Ephesians 4: 14,15

Topic: Stabilization

**INTRODUCTION:** In today's society, more than ever before, \_\_\_\_\_ to a number of circumstances that affect the lives of \_\_\_\_\_ individuals, "unstable" is the word that describes people.

## I. CAUSES OF INSTABILITY:

### A. The Home Life:

1. The number one cause of instability in people is the condition of their home and \_\_\_\_\_ life, where the foundation of every individual is \_\_\_\_\_ for better or for worse.
2. Due to the fallen nature of mankind, people who do not have a relationship with \_\_\_\_\_ often cause destabilization in the \_\_\_\_\_ and family by their words and actions. Gal. 5:15-21
3. When a child is raised in the environment where there is a lack of \_\_\_\_\_ and harmony, the result is often a troubled and disturbed individual who feels \_\_\_\_\_ and unloved. Mic. 7:6

### B. Companions & Friends:

1. There is an old proverb which states, Birds of the feather, flock \_\_\_\_\_, which being interpreted means that people often end up hanging out \_\_\_\_\_ people like themselves. I Cor. 15:33
2. Unstable people often end up choosing companions and \_\_\_\_\_ who are much like themselves, thus providing an atmosphere to \_\_\_\_\_ the instability in them. Pr. 4:14-17

### C. Circumstances:

1. Sometimes a stable home environment can be disrupted by an unexpected crisis such as the \_\_\_\_\_ of a parent or a sibling, leading to sorrow and \_\_\_\_\_ which can last for a long time.
2. One of the most destabilizing events that can happen to a home and \_\_\_\_\_ is the breakup of the parents, leading to a divorce that leaves \_\_\_\_\_ bewildered and angry. Pr. 14:1
3. When death or divorce come to a \_\_\_\_\_ unit, the fallout is often unstable behavior from the children or teenagers who are dealing with their pain and \_\_\_\_\_.

## II. THE SYMPTOMS OF INSTABILITY:

### A. Emotional:

1. An individual with the seeds of instability will often react to circumstances in ways that a \_\_\_\_\_ person would not behave, and their reactions can lead to misunderstandings and \_\_\_\_\_. Pr. 29:22
2. The reactions may include things such as: a. Outbursts of \_\_\_\_\_, b. Crying and \_\_\_\_\_, c. Closing themselves in and shutting everyone else \_\_\_\_\_, d. Taking offence at something that was said or \_\_\_\_\_ when it wasn't even intended for them or intended to hurt them.

### B. Physical:

1. There are a \_\_\_\_\_ of physical symptoms that are manifested in unstable individuals, some of which may be harmful to the person himself/herself and others which may be harmful to \_\_\_\_\_ people that they come in contact with.
2. The physical symptoms of instability may be as follows:
  - a. To Themselves: i. Drinking & taking drugs, ii. Overeating to deal with their \_\_\_\_\_, iii. Starving one-

self, iv. Self-mutilation i.e. cutting or \_\_\_\_\_ oneself in other ways v. Attempted suicide.  
b. To Others: i. Physically striking and possibly injuring \_\_\_\_\_ individuals ii. Physically harming the property or \_\_\_\_\_ of another individual, iii. Breaking or trashing things to take out their anger and frustrations on. James 1:20

### III. STABILIZING THE UNSTABLE:

#### A. *Salvation:*

1. The first major \_\_\_\_\_ in stabilizing an unstable individual is to lead them to Jesus Christ and the power of the Gospel, where they can find forgiveness of \_\_\_\_\_ and peace and joy. Rom. 14:17
2. When one realizes that they are \_\_\_\_\_ in need of the Savior, and they believe and obey the Word of God through repenting, being baptized in Jesus Name and being filled with the Holy Ghost, they are on the \_\_\_\_\_ to begin the stabilization process.

#### B. *Discipling:*

1. After salvation, the process of spiritual \_\_\_\_\_ must take place through daily prayer, reading the Word of God and going to the House of God regularly to be strengthened through fellowship. Acts 2:41,42
2. When spiritual \_\_\_\_\_ takes place, along with it comes revelation and understanding of spiritual matters that affect every aspect of our lives, spiritually, \_\_\_\_\_ and emotionally. I Th. 5:23

#### C. *Spiritual Healing & Stability:*

1. When one is born again by the Spirit of God, the \_\_\_\_\_ is born again, but the flesh is not, thus the importance of feeding the new spiritual life in order to overcome the \_\_\_\_\_ of the fallen flesh, including the anger, pain and bitterness from the old wounds of the past. Rom. 8:13,14
2. When one has come from a life and background of instability, it takes \_\_\_\_\_ and patience to let the Spirit of God do the \_\_\_\_\_ of healing and restoration to bring the spiritual maturity needed to produce the stability needed to please God. Gal. 4:19
3. Those who recognize their need of healing and \_\_\_\_\_ will allow the work of stabilization to take place more quickly than those who think that they have been that way and \_\_\_\_\_ will be that way for the rest of their lives. Phil. 2:13
4. For those who don't believe that people can \_\_\_\_\_, there are testimonies and changed lives of very many people that \_\_\_\_\_ that the power of God is able to heal and stabilize anyone who will allow God to work in them. I Cor. 6:9-11

**CONCLUSION:** It is possible to bring unstable people to the \_\_\_\_\_ of stability, and to see them be rooted and grounded and then help to stabilize others who come from the same places as they did.