

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.