

**H. A. L. T. –**  
**Stop letting yourself get HUNGRY, ANGRY, LONELY AND TIRED**  
Lesson 6

*Matthew 11:28-30 – "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."*

God created you with a body and with emotions, and he made you part of a community. But we sometimes ignore our body's needs, as well as our social and emotional needs.

- What happens when you get too hungry, angry, lonely or tired?
  
  
  
  
  
  
  
  
  
  
- What's going on with you when you let yourself get too hungry, angry, lonely or tired?

*"THE BODY IS ALWAYS THERE, in the PRESENT moment. Our minds or feelings can be anyplace - imagining the future, dwelling on the past or ruminating on a fantasy - but our body is always here and now. It cannot be anywhere else". – The Wisdom of The Enneagram by Riso and Hudson*

- What helps you when you start getting hungry, angry, lonely and tired?
  
  
  
  
  
  
  
  
  
  
- What helps keep you from getting hungry, angry, lonely and tired?