



Community Church

Relationship Revolution: Emotionally Healthy Spirituality

Being the Real You

Week of January 15, 2012

This week we will consider the connection between knowing yourself that you may know God.
(Some ideas for this study have come from the Emotionally Healthy Spirituality Workbook)

1. What would your dream job look like?
2. Augustine wrote in Confessions “ How can you draw close to God when you are far from your own self?” He prayed: “Grant, Lord, that I may know myself that I may know thee.” How would you explain this in your own words?

View Lifegroup: DVD Week #2

Read the following quote out loud as a group.

“The journey of genuine transformation to emotionally healthy spirituality begins with a commitment to allow yourself to feel. Feelings are essential part of our humanity and unique personhood as men and women created in God’s image. Scripture reveals God as an emotional being who feels as a person. Having been created in his image, we also were created with the gift to feel and experience emotions. Some of us may have learned that feelings are not to be trusted; that they are dangerous and can lead us away from God’s will for us. While it is true that we are not to be led by our emotions, they do serve a critical function in our discipleship and discernment of God’s will.” (Peter Scazzero)

3. There are hundreds of emotions that we experience in many combinations. Pick four of the following questions to answer.

- What are you angry about?
- What are you sad about?
- What are you afraid of?
- What are you enjoying?
- What (whom) do you love?
- What are you surprised by?
- What disgust you?

What was it like to write down your feelings?

Read I Samuel 17:26-45

4. When David hears the taunts of Goliath, how does David respond? What does this tell about David's faith?

5. The people around David have different responses to him, what are these responses?
 - a. David's family (V. 28)

 - b. Saul (V.33, 38)

 - c. Goliath (V.41-45)

If David had not been emotionally and spiritually mature, how might these responses have changed his actions?

6. If you were David would you have kept stepping forward after facing the above obstacle's?

7. How are the combination of emotional health and spiritual health key to David remaining his true self in the midst of all this pressure?

Digging Deeper –

1. What are situations or pressures that cause you not be your true self?

2. What impact has your family, influential people, and life circumstances had in your being or not being the real you?

3. It is hard to know at times what the difference between your true and false self are. Complete the following sentence as a starting point in this discovery, I am beginning to realize about myself...



(Optional Further Study)

Book, Emotionally Healthy Spirituality, by Peter Scazzero
Walk to Jesus, with Jesus and others to Jesus. 1 John 2:6