



Community Church

Relationship Revolution: Emotionally Healthy Spirituality

The Problem of Emotionally Unhealthy Spirituality

Week of January 8, 2012

Our objective this week is to probe into our lives and to begin to discover where we are emotionally and spiritually unhealthy. Connecting the need for emotional health (heart = will, passions, desires, emotions) and growing spiritual maturity. (Some ideas for this study have come from the Emotionally Healthy Spirituality work book)

1. What is it that you hope God will do in and through your life in 2012?
2. Record your thoughts on the following statement, "It's impossible to be spiritually mature, while remaining emotionally immature." Peter Scazzero

Lifegroup: DVD Week #1

3. From the following list of the top 10 symptoms of Emotionally Unhealthy Spirituality, which one is the more challenging / relevant in your life?
 1. Using God to run from God (e.g. My prayers are usually about God doing my will, not me surrendering to his will).
 2. Ignoring the emotions of anger, sadness and fear (e.g. I am rarely honest with myself and/or others about the feelings, hurts and pains beneath the surface of my life).
 3. Dying to the wrong things (e.g. I tend to deny healthy, God-given desires and pleasures of life [friendships, joy, music, beauty, laughter, nature] while finding it difficult to die to my self-protectiveness, defensiveness, a lack of vulnerability and judgmentalism).
 4. Denying the past's impact on the present (e.g. I rarely consider how my family of origin and significant people/events from my past have shaped my present).
 5. Dividing life into 'secular' and 'sacred' compartments (e.g. I easily compartmentalize God to "Christian activities" while usually forgetting about him when I am working, shopping, studying or recreating).
 6. *Doing* for God instead of *being* with God (e.g. I tend to evaluate my spirituality based on how much I am doing for God).
 7. Spiritualizing away conflict (e.g. In the name of "peacemaking", we bury tensions and avoid conflict rather than speak the truth in love).
 8. Covering over brokenness, weakness and failure (e.g. Instead of humility and approachability, I am highly reactive and defensive).
 9. Living without limits (e.g. Those close to me would say that I often "try to do it all" or "bite off more than I can chew").
 10. Judging the spiritual journeys of other people (e.g. I often find myself occupied and bothered by the faults of others).

Read I Samuel 15:7-24

4. How do the Lords and Samuels response differ from Saul's response? 15:11-13,20

5. What could be going on in Saul's life (Iceberg Illustration 90% unseen) that he would be so ignorant of his disobedience? 15:12, 15, 21, 24 What simple things could Saul have done differently?

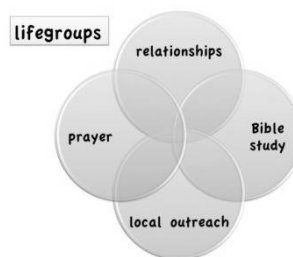
6. Read v 22-23, how does Samuel describe Saul's disobedience? What are some examples of this type disobedience today?
 - a. In v 23 what are the two words that describe Saul's heart and behavior. (This is Saul's lifestyle - see I Samuel 13:1-15; 18:1-19:24)

Digging Deeper –

Saul was unaware of what was going on inside of him (emotional health) and failed to cultivate his relationship with God (contemplative spirituality). He was focused on “doing” for God and not “being” with God. We live in an environment that focus’ on doing rather than being. Consider the following questions...

1. What attitudes and/or actions are keeping you from living in humility? Read Deuteronomy 8:2-3; James 4:10 Why is humility so important? (Reflect on list in #3 above)

2. What is keeping you from slowing down (silence and solitude) your life so you can be with God and listen to God?



(Optional Further Study)

Book, Emotionally Healthy Spirituality, by Peter Scazzero

Walk to Jesus, with Jesus and others to Jesus. 1 John 2:6