

# Relationship Revolution: *Emotionally Healthy Spirituality*

## *The Problem*

*I Samuel 15:10-24*

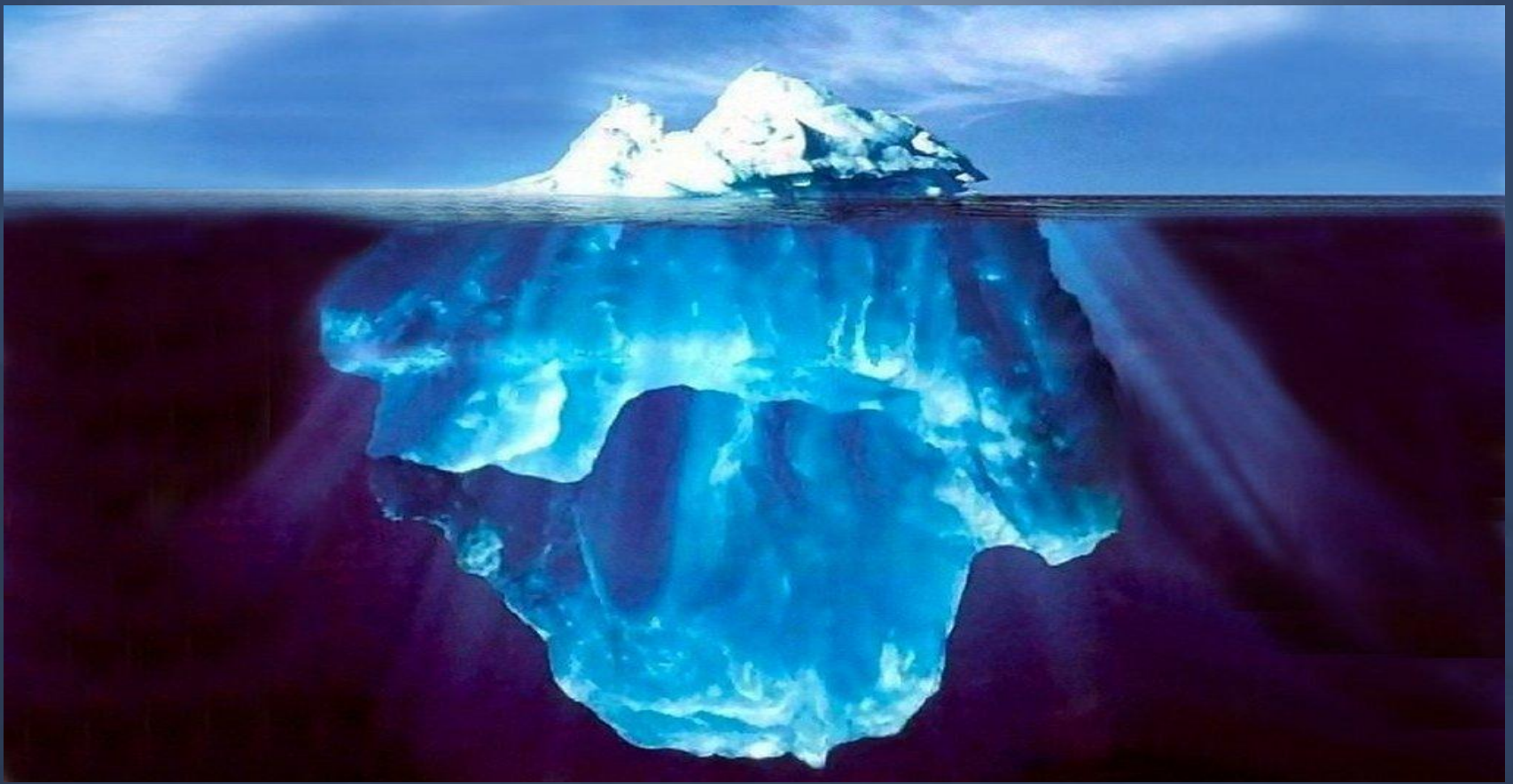
# The Problem of Emotionally Unhealthy Spirituality





# Iceberg Model

## What Lies Beneath The Surface



# The Problem of Emotionally Unhealthy Spirituality

1 Samuel 15:10-24

King Saul – *Great Promise / Chosen / Anointed*

*Instructions:* Completely Destroy - vs. 3

*Problem:* Partially Obeys - vs. 9

# Emotionally Unhealthy Spirituality

Says “No” to Reflection and Self-awareness

*Silence and solitude* – allowing us to understand what is going on, on the inside, my motives, feelings, thoughts, attitude on the inside

*Slow Down* - The pressure to live fake or superficial lives is strong

# Emotionally Unhealthy Spirituality

Says “No” to Reflection and Self-awareness

Says “No” to Cultivating their Personal  
Relationship with God

*Saul is more interested in being  
known by people than God*

*I Samuel 15:22 ...To obey (listen) is  
greater than sacrifice...*

Do you and I spend time  
listening to God?

Contemplation is about clearing space  
out so we can go deep and wide .

# Emotionally Unhealthy Spirituality

Says “No” to Reflection and Self-awareness

Says “No” to Cultivating their Personal  
Relationship with God

Says “No” to being Broken through  
Setbacks and Difficulties

*Only through hurts, problems, sufferings  
will we learn humility.*

*“Although he was a son, he learned obedience from what he suffered.”*

Hebrews 5:8



*Loving God Well*

*Loving Others Well*

**Emotional**

**Health**

**Contemplative Spirituality**

*Loving Yourself Well*

# LEARN INVEST FOLLOW EXPERIENCE **APPLICATION**

**Warning: Rebellion vs. Humility - vs. 25**

If we embrace God's truths the journey will be painful.

Healthy is not the absence of pain.

# Top 10 Symptoms of Emotionally Unhealthy Spirituality

1. Using God to run from God
2. Ignoring the emotions of anger, sadness, and fear
3. Dying to the wrong things
4. Denying the past's impact on the present
5. Dividing life into “secular” and “sacred” compartments
6. Doing for God instead of being with God
7. Spiritualizing away conflict
8. Covering over brokenness, weakness, and failure
9. Living without limits
10. Judging the spiritual journeys of others

*“...he delights in a broken and contrite heart.”*

Psalm 51:17